



Grilled Orange Chipotle Pork & Brown Rice

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp chipotle peppers in adobo sauce canned chopped
- 3 cups brown rice hot cooked
- 0.5 cup knudsen cream light sour
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 1 large onion quartered
- 0.3 cup orange marmalade
- 1.5 lb pork tenderloin
- 2 small and bell peppers green red quartered

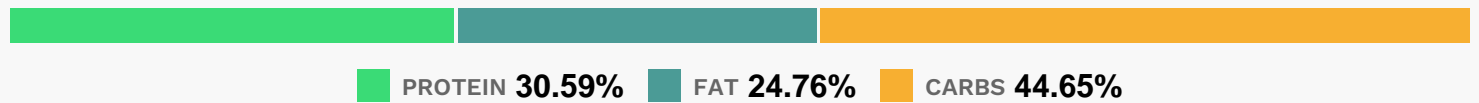
Equipment

- bowl
- grill

Directions

- Heat grill to medium heat.
- Mix dressing, marmalade and chipotle peppers. Reserve 1/4 cup dressing mixture.
- Grill meat, bell peppers and onions 10 min. or until meat is done (145F), turning occasionally and brushing with remaining dressing mixture for the last 2 min.
- Remove meat and vegetables from grill; let meat stand 5 min. Meanwhile, cut bell peppers into strips and onions into thinner wedges; place in medium bowl.
- Add reserved dressing mixture; toss to coat.
- Cut meat into 6 pieces; place over rice. Top with vegetable mixture and sour cream.

Nutrition Facts



Properties

Glycemic Index:18.53, Glycemic Load:11.88, Inflammation Score:-7, Nutrition Score:24.558695689492%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

Nutrients (% of daily need)

Calories: 355.22kcal (17.76%), Fat: 9.7g (14.92%), Saturated Fat: 3.18g (19.85%), Carbohydrates: 39.36g (13.12%), Net Carbohydrates: 36.07g (13.12%), Sugar: 11.88g (13.2%), Cholesterol: 80.42mg (26.81%), Sodium: 215mg (9.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.96g (53.92%), Vitamin B1: 1.25mg (83.25%), Manganese: 1.15mg (57.6%), Vitamin B6: 1.13mg (56.46%), Selenium: 35.44µg (50.64%), Vitamin B3: 9.1mg (45.5%), Vitamin C: 34.29mg (41.56%), Phosphorus: 380.4mg (38.04%), Vitamin B2: 0.45mg (26.35%), Magnesium: 81.81mg (20.45%), Zinc: 2.94mg (19.6%), Potassium: 667.76mg (19.08%), Vitamin A: 851.16IU (17.02%), Vitamin B5: 1.44mg (14.42%),

Fiber: 3.29g (13.17%), Vitamin B12: 0.67µg (11.17%), Iron: 1.96mg (10.9%), Copper: 0.21mg (10.57%), Vitamin K: 8.72µg (8.3%), Vitamin E: 1mg (6.64%), Folate: 23.31µg (5.83%), Calcium: 57.82mg (5.78%), Vitamin D: 0.38µg (2.52%)