



Grilled Pork Cosmopolitan Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce mandarin orange segents drained canned
- ☐ 0.5 cup cranberries dried
- ☐ 1 tablespoon ginger fresh minced grated
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 teaspoons lemon pepper
- ☐ 0.3 cup juice of lime fresh 3 limes
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup orange marmalade

- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 2 pound pork tenderloins
- ☐ 20 ounce european blend salad greens
- ☐ 2.3 teaspoons salt divided
- ☐ 2 tablespoons vodka
- ☐ 0.3 cup jellied cranberry sauce

Equipment

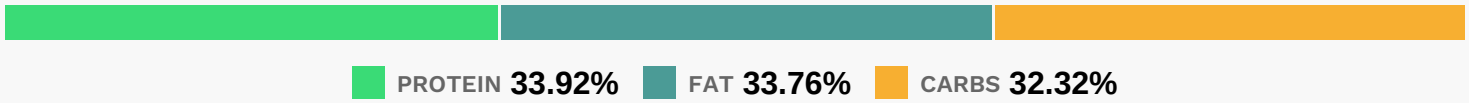
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Whisk together cranberry sauce and marmalade in a small saucepan over low heat until melted.
- ☐ Remove from heat.
- ☐ Whisk in orange juice, lime juice, and oil. Reserve 1/2 cup of cranberry mixture, add 1/4 teaspoon salt to reserved mixture, and set aside.
- ☐ Pour remaining cranberry mixture into a shallow dish or zip-top plastic bag; add vodka, ginger, and pork, turning to coat all sides. Cover or seal, and chill 15 minutes, turning occasionally.
- ☐ Remove pork from marinade, discarding marinade.
- ☐ Stir together remaining 2 teaspoons salt, lemon pepper, and ground red pepper; sprinkle evenly over pork.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ minutes on each side or until a meat thermometer inserted into thickest portion registers 15
- ☐ Remove from grill, and cover with aluminum foil.
- ☐ Let stand 10 minutes.

- ☐
- Cut pork diagonally into 1/4-inch-thick slices.
- ☐
- Toss together salad greens, cranberries, and oranges with reserved 1/2 cup cranberry mixture; top with pork.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:20.377825897673%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 297.26kcal (14.86%), Fat: 10.98g (16.89%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 22.51g (8.18%), Sugar: 17.65g (19.61%), Cholesterol: 73.71mg (24.57%), Sodium: 739.81mg (32.17%), Alcohol: 1.25g (100%), Alcohol %: 0.59% (100%), Protein: 24.82g (49.65%), Vitamin B1: 1.18mg (78.34%), Selenium: 34.96µg (49.94%), Vitamin B6: 0.96mg (47.77%), Vitamin C: 34.21mg (41.47%), Vitamin B3: 8.14mg (40.71%), Phosphorus: 312.13mg (31.21%), Vitamin B2: 0.44mg (25.86%), Vitamin A: 1268.41IU (25.37%), Potassium: 658.46mg (18.81%), Zinc: 2.46mg (16.4%), Magnesium: 45.39mg (11.35%), Vitamin E: 1.66mg (11.09%), Manganese: 0.22mg (11.01%), Vitamin B5: 1.09mg (10.9%), Iron: 1.8mg (10.01%), Vitamin B12: 0.59µg (9.83%), Copper: 0.18mg (9.03%), Folate: 32.8µg (8.2%), Fiber: 1.14g (4.55%), Calcium: 29.3mg (2.93%), Vitamin D: 0.34µg (2.27%), Vitamin K: 1.72µg (1.64%)