



Grilled Pork Loin with Fire-Roasted Pineapple Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chili powder hot (or achiote paste)
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 pound pork tenderloin trimmed
- ☐ 3 tablespoon juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup orange juice
- ☐ 1.5 pounds golden pineapple diced

- ☐ 0.5 cup pineapple juice (or orange)
- ☐ 1 large bell pepper red cored seeded thinly sliced
- ☐ 0.3 small onion red finely chopped
- ☐ 1 tablespoon tomato paste

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Mix tomato paste with chili powder.
- ☐ Combine with orange juice, lime juice and oil in a double resealable bag.
- ☐ Add tenderloin and marinate at least 3 hours.
- ☐ Heat a large pan over high heat to the smoking point, 3 to 4 minutes. Brown pineapple 4 to 5 minutes, stirring occasionally.
- ☐ Add pineapple juice and stir 1 minute, scraping up brown bits from pan.
- ☐ Remove pineapple from heat.
- ☐ Combine in a bowl with pepper, onion and basil.
- ☐ Heat a grill or grill pan over high. Coat with cooking spray.
- ☐ Remove pork from marinade; place on grill. (Discard excess marinade.) Reduce heat to medium; cook, turning occasionally, until pork is no longer pink and internal temperature is 160°F 18 to 20 minutes.
- ☐ Let pork rest 5 minutes before slicing. Spoon salsa over pork.
- ☐ See Nutrition Data's analysis of this recipe ›
- ☐ Bon Appétit

Nutrition Facts



 PROTEIN **34.11%**  FAT **19.8%**  CARBS **46.09%**

Properties

Glycemic Index:82.67, Glycemic Load:15.97, Inflammation Score:-9, Nutrition Score:32.366086845813%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 294.67kcal (14.73%), Fat: 6.71g (10.33%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 35.16g (11.72%), Net Carbohydrates: 30.75g (11.18%), Sugar: 25.14g (27.94%), Cholesterol: 73.71mg (24.57%), Sodium: 129.37mg (5.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.03%), Vitamin C: 157.28mg (190.64%), Manganese: 1.87mg (93.35%), Vitamin B1: 1.35mg (89.81%), Vitamin B6: 1.3mg (64.91%), Selenium: 35.87µg (51.24%), Vitamin B3: 9.41mg (47.03%), Vitamin A: 2184.73IU (43.69%), Phosphorus: 325.72mg (32.57%), Vitamin B2: 0.52mg (30.72%), Potassium: 931.94mg (26.63%), Copper: 0.38mg (18.81%), Fiber: 4.41g (17.64%), Zinc: 2.64mg (17.61%), Magnesium: 70.11mg (17.53%), Folate: 68.58µg (17.14%), Vitamin E: 2.43mg (16.18%), Vitamin B5: 1.58mg (15.76%), Iron: 2.49mg (13.84%), Vitamin K: 14.32µg (13.63%), Vitamin B12: 0.58µg (9.64%), Calcium: 51.78mg (5.18%), Vitamin D: 0.23µg (1.51%)