



Grilled Pork Tenderloin a la Rodriguez with Guava Glaze and Orange-Habanero Mojo

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apricot preserves
- 2 tablespoons canola oil
- 1 teaspoon cumin seeds
- 0.3 cup dijon mustard
- 2 tablespoons cilantro leaves fresh chopped
- 4 cloves garlic finely chopped
- 0.5 habanero chile seeded finely chopped

- 0.5 cup juice of lime fresh
- 0.3 cup orange juice freshly squeezed
- 3 cups orange juice freshly squeezed
- 3 pounds pork tenderloins
- 1 small onion red finely chopped
- 6 servings salt and pepper freshly ground

Equipment

- bowl
- sauce pan
- whisk
- grill

Directions

- Watch how to make this recipe.
- Preheat a grill to high.
- Brush pork with oil, and then season it with salt and pepper. Set aside a few tablespoons of the Guava Glaze for brushing the cooked pork. Grill for 4 to 5 minutes per side, brushing frequently with the Guava Glaze.
- Remove from the grill, brush again with glaze and let rest for 10 minutes. Slice into 1/2-inch thick slices, drizzle with the Orange-Habanero Mojo, and serve immediately.
- Whisk jelly, mustard, and orange juice together in a small bowl. Season, to taste, with salt and pepper.
- Heat oil in a small saucepan over medium-high heat.
- Add onion and garlic and cook, stirring, until soft, about 5 minutes.
- Add lime juice, orange juice, and habanero chile and bring to a boil. Cook until reduced by half.
- Whisk in the cilantro and cumin and season, to taste, with salt and pepper.
- Drizzle over pork.

Nutrition Facts



■ PROTEIN 39.65% ■ FAT 24.57% ■ CARBS 35.78%

Properties

Glycemic Index:45.83, Glycemic Load:7.76, Inflammation Score:-7, Nutrition Score:34.817825814952%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 17.86mg, Hesperetin: 17.86mg, Hesperetin: 17.86mg, Hesperetin: 17.86mg Naringenin: 2.95mg, Naringenin: 2.95mg, Naringenin: 2.95mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 492.58kcal (24.63%), Fat: 13.49g (20.76%), Saturated Fat: 3.1g (19.38%), Carbohydrates: 44.21g (14.74%), Net Carbohydrates: 42.89g (15.6%), Sugar: 29.74g (33.04%), Cholesterol: 147.42mg (49.14%), Sodium: 445.14mg (19.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.98g (97.96%), Vitamin B1: 2.39mg (159.19%), Selenium: 73.59µg (105.13%), Vitamin C: 79.97mg (96.93%), Vitamin B6: 1.86mg (93.2%), Vitamin B3: 15.69mg (78.46%), Phosphorus: 599.63mg (59.96%), Vitamin B2: 0.83mg (48.96%), Potassium: 1273.66mg (36.39%), Zinc: 4.49mg (29.92%), Vitamin B5: 2.25mg (22.54%), Magnesium: 87.97mg (21.99%), Vitamin B12: 1.18µg (19.66%), Iron: 3.15mg (17.51%), Copper: 0.33mg (16.55%), Folate: 47.29µg (11.82%), Vitamin E: 1.53mg (10.18%), Manganese: 0.18mg (9.2%), Vitamin A: 393.2IU (7.86%), Calcium: 56.9mg (5.69%), Fiber: 1.32g (5.27%), Vitamin D: 0.68µg (4.54%), Vitamin K: 4.39µg (4.18%)