



## Grilled Pork Tenderloin and Dried Cherry Salad

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



2

CALORIES



1139 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup almonds toasted sliced
- 0.5 cup cherries dried sour
- 2 tablespoons cherries unsweetened
- 1 teaspoon dijon mustard
- 2 tablespoons rosemary leaves fresh chopped
- 2 cloves garlic
- 1 oz gorgonzola

- 2 teaspoons pepper black
- 1 teaspoon honey
- 0.3 teaspoon kosher salt (coarse)
- 1 teaspoon kosher salt (coarse)
- 6 cups baby lettuce loosely packed
- 0.3 cup olive oil
- 2 tablespoons olive oil
- 0.3 teaspoon pepper
- 1.5 lb pork tenderloin
- 0.3 cup onion red sliced
- 2 tablespoons red wine vinegar
- 1 tablespoon shallots finely chopped

## Equipment

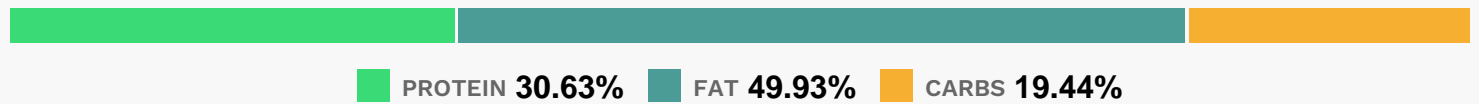
- grill
- kitchen thermometer
- aluminum foil

## Directions

- Rub pork with 2 tablespoons olive oil, the garlic, rosemary, 2 teaspoons pepper and 1 teaspoon salt.
- Place in nonmetal dish; refrigerate 30 minutes or more to marinate.
- Heat gas or charcoal grill.
- Remove pork from marinade; discard marinade. Insert ovenproof meat thermometer into pork so tip is in thickest part.
- Place pork on grill over medium heat. Cover grill; cook, turning about every 5 minutes, until all sides are browned and thermometer reads 145F (temperature will rise to 160F after resting).
- Remove pork from grill; wrap tightly with foil.
- Let stand at least 20 minutes before slicing.

- Meanwhile, rinse and spin-dry lettuce. Divide among plates (2 hearty or 4 smaller salads). Slice onion; soak in dish of ice water 5 minutes to remove any astringent onion flavor. Pat dry; sprinkle over salads. Crumble cheese; sprinkle over salads.
- Sprinkle cherries and almonds over top. Refrigerate salads until ready to serve.
- In small jar, shake Dressing ingredient vigorously to emulsify.
- At serving time, top salads with slices of pork; drizzle with dressing.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:147.14, Glycemic Load:3.33, Inflammation Score:-10, Nutrition Score:70.321739258973%

### Flavonoids

Cyanidin: 4.75mg, Cyanidin: 4.75mg, Cyanidin: 4.75mg, Cyanidin: 4.75mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 34.02mg, Quercetin: 34.02mg, Quercetin: 34.02mg, Quercetin: 34.02mg

### Nutrients (% of daily need)

Calories: 1138.79kcal (56.94%), Fat: 64.22g (98.81%), Saturated Fat: 13.02g (81.36%), Carbohydrates: 56.27g (18.76%), Net Carbohydrates: 40.91g (14.88%), Sugar: 27.88g (30.98%), Cholesterol: 231.76mg (77.25%), Sodium: 2029.57mg (88.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 88.63g (177.26%), Vitamin A: 53831.75IU (1076.63%), Vitamin K: 923.53µg (879.55%), Vitamin B1: 3.9mg (259.69%), Vitamin B6: 3.38mg (169.1%), Selenium: 111.44µg (159.2%), Vitamin B3: 25.85mg (129.24%), Manganese: 2.52mg (125.85%), Phosphorus: 1168.09mg (116.81%), Vitamin B2: 1.92mg (113.19%), Potassium: 2980.64mg (85.16%), Vitamin C: 69.69mg (84.47%), Vitamin E: 11.24mg (74.96%), Folate: 288.86µg (72.22%), Iron: 11.29mg (62.71%), Fiber: 15.36g (61.42%), Magnesium: 231.43mg (57.86%), Zinc: 8.55mg (57.01%), Calcium: 443.08mg (44.31%), Vitamin B5: 4.24mg (42.41%), Copper: 0.7mg (35.22%),

Vitamin B12: 1.94µg (32.37%), Vitamin D: 1.09µg (7.28%)