



Grilled Pork Tenderloin with Cherry Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



872 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound cherries fresh pitted stemmed halved
- ☐ 1 pepper flakes fresh red thinly sliced
- ☐ 1 cup cilantro leaves fresh divided coarsely chopped
- ☐ 6 servings pepper black freshly ground
- ☐ 6 tablespoons juice of lime fresh divided
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 pork tenderloin
- ☐ 0.5 cup shallots divided minced

☐ 0.3 cup vegetable oil

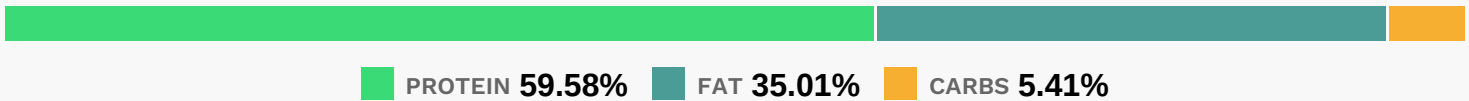
Equipment

- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Prepare a grill to medium-high heat.
- ☐ Combine 1/2 cup cilantro, 1/4 cup minced shallots, 4 tablespoons lime juice, and vegetable oil in a resealable plastic bag.
- ☐ Add pork; seal bag and turn to coat. Marinate at room temperature for 15 minutes, turning occasionally.
- ☐ Meanwhile, combine remaining 1/2 cup cilantro, 1/4 cup shallots, 2 tablespoons lime juice, cherries, chile, and olive oil in a medium bowl. Season salsa lightly with salt and pepper and set aside to let flavors meld.
- ☐ Remove tenderloins from marinade and season generously with salt and pepper.
- ☐ Grill tenderloins, turning frequently, until a thermometer inserted into meat registers 145°F, about 15 minutes.
- ☐ Let rest 10 minutes.
- ☐ Cut into thin slices and serve with salsa.
- ☐ Per serving: 349 calories, 16 g fat, 8 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 26.83, Glycemic Load: 2.23, Inflammation Score: -7, Nutrition Score: 46.845217507818%

Flavonoids

Cyanidin: 11.42mg, Cyanidin: 11.42mg, Cyanidin: 11.42mg, Cyanidin: 11.42mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 872.15kcal (43.61%), Fat: 32.92g (50.64%), Saturated Fat: 8.87g (55.45%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 9.75g (3.54%), Sugar: 7.06g (7.85%), Cholesterol: 393.03mg (131.01%), Sodium: 319.06mg (13.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 126.03g (252.06%), Vitamin B1: 5.97mg (398.06%), Selenium: 183.53µg (262.19%), Vitamin B6: 4.76mg (238.01%), Vitamin B3: 40.21mg (201.06%), Phosphorus: 1495.87mg (149.59%), Vitamin B2: 2.07mg (121.61%), Zinc: 11.46mg (76.39%), Potassium: 2583.05mg (73.8%), Vitamin B5: 5.24mg (52.44%), Vitamin B12: 3.14µg (52.4%), Magnesium: 175.35mg (43.84%), Iron: 6.4mg (35.56%), Copper: 0.6mg (29.96%), Vitamin K: 28.63µg (27.27%), Vitamin C: 20.22mg (24.51%), Vitamin E: 2.6mg (17.31%), Vitamin D: 1.81µg (12.09%), Manganese: 0.21mg (10.48%), Fiber: 1.7g (6.79%), Vitamin A: 296.47IU (5.93%), Calcium: 53.89mg (5.39%), Folate: 13.11µg (3.28%)