



Grilled Pork Tenderloin with Green Mango

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 8 boston lettuce leaves
- 0.5 cup carrots shredded
- 0.3 teaspoon pepper red crushed
- 0.3 cup basil fresh chopped
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons ginger fresh peeled finely chopped
- 0.3 cup mint leaves fresh chopped

- 4 large garlic cloves minced
- 1 large mangos shredded green peeled (unripe)
- 1 jalapeno finely chopped
- 0.5 teaspoon kosher salt
- 1 pound pork tenderloin trimmed
- 1 tablespoon soya sauce low-sodium
- 1 cup mung bean sprouts
- 0.3 cup pineapple juice
- 1 tablespoon sake dry (rice wine)
- 0.3 teaspoon salt

Equipment

- bowl
- grill
- kitchen thermometer
- ziploc bags

Directions

- Prepare grill to medium-high heat.
- To prepare pork, combine first 6 ingredients in a large zip-top plastic bag; seal. Marinate in refrigerator 1 hour, turning occasionally.
- Remove pork from bag; discard marinade.
- Sprinkle pork evenly with salt and black pepper.
- Place pork on grill rack coated with cooking spray. Grill 22 minutes or until a thermometer registers 155, turning occasionally.
- Remove from heat; let stand 10 minutes.
- Cut into 1/2-inch-thick slices; cut each slice into thin strips, and keep warm.
- To prepare salad, combine carrot and next 7 ingredients (through jalapeo) in a medium bowl; toss well.

Place about 1 1/2 ounces pork on each of 8 lettuce leaves; top each serving evenly with 1/4cup mango mixture and 2 tablespoon bean sprouts.

Nutrition Facts

PROTEIN 53.48% **FAT 13.48%** **CARBS 33.04%**

Properties

Glycemic Index:92.65, Glycemic Load:5.41, Inflammation Score:-10, Nutrition Score:28.31695636459%

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 Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 198.35kcal (9.92%), Fat: 2.97g (4.57%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 13.56g (4.93%), Sugar: 10.99g (12.21%), Cholesterol: 73.71mg (24.57%), Sodium: 660.08mg (28.7%), Alcohol: 0.39g (100%), Alcohol %: 0.18% (100%), Protein: 26.48g (52.97%), Vitamin A: 4640.72IU (92.81%), Vitamin B1: 1.22mg (81.28%), Vitamin B6: 1.11mg (55.26%), Vitamin K: 56.05µg (53.38%), Selenium: 36.14µg (51.63%), Vitamin B3: 8.66mg (43.32%), Vitamin C: 32.88mg (39.86%), Phosphorus: 336.97mg (33.7%), Vitamin B2: 0.5mg (29.55%), Potassium: 808.53mg (23.1%), Manganese: 0.42mg (21.14%), Folate: 75.24µg (18.81%), Zinc: 2.57mg (17.13%), Magnesium: 59.71mg (14.93%), Copper: 0.27mg (13.52%), Vitamin B5: 1.33mg (13.33%), Iron: 2.35mg (13.06%), Fiber: 2.8g (11.19%), Vitamin B12: 0.58µg (9.64%), Vitamin E: 1.15mg (7.65%), Calcium: 54.95mg (5.49%), Vitamin D: 0.23µg (1.51%)