



Grilled Pork Tenderloin with Green Tomato-Pineapple Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



8

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic thinly sliced
- ☐ 1 lb tomatoes green cored chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 0.5 pineapple fresh cored cut into 1/4-inch dice (2 cups)
- ☐ 2 pork tenderloin whole

☐ 8 servings salt and pepper

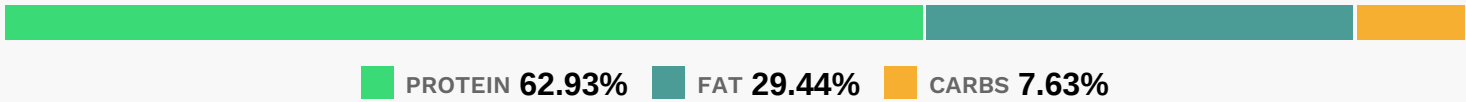
Equipment

- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Combine tomatoes, onion, lemon juice and olive oil in a large bowl. Stir in pineapple, cover and chill until ready to serve. (Can be made up to 1 day ahead. Keep covered and refrigerated.)
Makes about 4 cups.
- ☐ Preheat a gas grill to medium-low. Make small incisions all over tenderloins with a sharp paring knife and insert slices of garlic until well studded. Season with salt and pepper. Oil grates and grill pork, turning often, until a meat thermometer inserted at thickest part of tenderloin reaches 160F and tenderloin is lightly browned on outside and shows no pink color inside, about 45 minutes.
- ☐ Remove pork to a cutting board and let rest for 10 minutes.
- ☐ Season green tomato-pineapple salsa with salt and pepper.
- ☐ Serve cold with thin slices of pork.

Nutrition Facts



Properties

Glycemic Index:14.46, Glycemic Load:4.13, Inflammation Score:-7, Nutrition Score:43.975652010544%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin:

0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 621.49kcal (31.07%), Fat: 19.71g (30.32%), Saturated Fat: 5.86g (36.66%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 9.91g (3.6%), Sugar: 8.27g (9.18%), Cholesterol: 294.77mg (98.26%), Sodium: 438.11mg (19.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 94.78g (189.57%), Vitamin B1: 4.54mg (302.54%), Selenium: 137.85µg (196.92%), Vitamin B6: 3.6mg (179.96%), Vitamin B3: 30.56mg (152.8%), Phosphorus: 1126.24mg (112.62%), Vitamin B2: 1.57mg (92.5%), Zinc: 8.61mg (57.42%), Potassium: 1977.36mg (56.5%), Vitamin C: 41.91mg (50.8%), Vitamin B5: 4.22mg (42.17%), Vitamin B12: 2.36µg (39.3%), Magnesium: 136.08mg (34.02%), Manganese: 0.67mg (33.45%), Iron: 4.91mg (27.26%), Copper: 0.52mg (26.15%), Vitamin E: 1.73mg (11.56%), Vitamin D: 1.36µg (9.07%), Vitamin A: 406.24IU (8.12%), Vitamin K: 8.28µg (7.88%), Fiber: 1.59g (6.34%), Calcium: 45.57mg (4.56%), Folate: 17.34µg (4.34%)