



 **66%**  
HEALTH SCORE

## Grilled Pork Tenderloin with Hazelnut Romesco and Fresh Oregano Vinaigrette

 Dairy Free  Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



759 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 ancho chiles boiling soft seeded
- 1 tablespoon dijon mustard
- 6 garlic cloves peeled
- 0.3 cup hazelnuts shelled
- 1 tablespoon honey
- 1 teaspoon honey
- 0.3 cup olive oil

- 0.5 cup olive oil pure
- 4 servings olive oil
- 1 teaspoon oregano fresh minced to taste
- 2 plum tomatoes ripe
- 2 pound pork tenderloins
- 1 bell pepper red peeled seeded
- 0.5 cup red wine
- 4 servings salt and pepper freshly ground
- 0.5 shallots diced peeled finely
- 0.3 cup sherry vinegar
- 1 slice bread white cut into small cubes

## Equipment

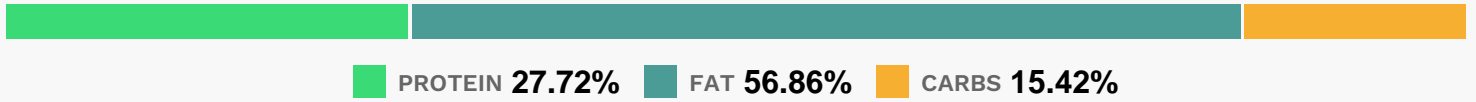
- food processor
- bowl
- frying pan
- whisk
- grill
- slotted spoon

## Directions

- Preheat grill. Rub pork with oil and season with salt and pepper.
- Place on the grill and grill until golden brown, turn over and continue grilling to desired doneness.
- Let rest and cut on the bias.
- Serve with a dollop of Hazelnut Romesco and drizzle with Fresh Oregano Vinaigrette.
- Heat the olive oil in a large saute pan over high heat until smoking. Separately saute the garlic, bell pepper, tomatoes, chiles, and bread cubes until lightly browned, about 2 minutes each.
- Remove each ingredient with a slotted spoon as it is done. Deglaze the pan with the wine.

- Place all the sauteed ingredients and the deglazing liquid into a food processor and blend until smooth.
- Add the hazelnuts and process until finely chopped.
- Add the honey and season to taste with salt and pepper.
- Whisk together vinegar, shallot, mustard, honey, and oregano in a small bowl. Season with salt and pepper, to taste. Slowly whisk in olive oil until emulsified.

## Nutrition Facts



### Properties

Glycemic Index:94.08, Glycemic Load:6.65, Inflammation Score:-10, Nutrition Score:46.272608570431%

### Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

### Nutrients (% of daily need)

Calories: 759.17kcal (37.96%), Fat: 47.03g (72.36%), Saturated Fat: 7.79g (48.72%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 21.23g (7.72%), Sugar: 16.21g (18.01%), Cholesterol: 147.42mg (49.14%), Sodium: 406.05mg (17.65%), Alcohol: 3.18g (100%), Alcohol %: 0.92% (100%), Protein: 51.58g (103.17%), Vitamin B1: 2.37mg (157.94%), Vitamin A: 5843.5IU (116.87%), Vitamin B6: 2.13mg (106.46%), Selenium: 73.08µg (104.4%), Vitamin B3: 17.57mg (87.87%), Phosphorus: 644.85mg (64.49%), Vitamin B2: 1.05mg (61.91%), Vitamin C: 50.08mg (60.71%), Vitamin E: 7.67mg (51.14%), Manganese: 0.92mg (46.09%), Vitamin K: 47.11µg (44.87%), Potassium: 1501.46mg (42.9%), Zinc: 4.95mg (33%), Fiber: 7.47g (29.89%), Iron: 4.81mg (26.72%), Magnesium: 106.8mg (26.7%), Vitamin B5: 2.36mg (23.55%), Copper: 0.43mg (21.57%), Vitamin B12: 1.18µg (19.66%), Folate: 45.76µg (11.44%), Calcium: 72.22mg

(7.22%), Vitamin D: 0.68µg (4.54%)