



Grilled Pork Tenderloin with Pineapple and Bell Peppers

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons pepper black freshly ground
- 1 tablespoon fish sauce
- 2 tablespoons ginger fresh peeled finely chopped (from 1 [3- to 4-inch] piece)
- 3 medium garlic clove finely chopped
- 2 medium lime halved
- 0.5 medium pineapple skinless
- 12 ounce pork tenderloin skinless

- 1 medium bell pepper red cored seeded cut into 4 equal pieces
- 1 bunch spring onion dark green ends trimmed (6 to 8)
- 2 teaspoons sesame oil toasted
- 0.3 cup soya sauce
- 4 servings vegetable oil for coating the grill and vegetables

Equipment

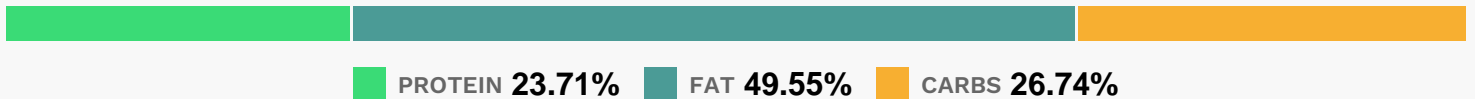
- bowl
- baking sheet
- knife
- whisk
- baking pan
- grill
- kitchen thermometer
- aluminum foil
- cutting board
- pastry brush

Directions

- Place the soy sauce, fish sauce, garlic, ginger, sesame oil, and pepper in a 13-by-9-inch baking dish and whisk to combine; set aside. To butterfly the pork, place the tenderloin on a cutting board with one end pointing toward you. Slice lengthwise down the center, almost but not quite cutting through the tenderloin, leaving about 1/4- to 1/2-inch thickness of meat intact. Open the tenderloin up like a book and push on it to flatten. Starting on the left side, with the blade of the knife parallel to the cutting board and the blade facing left, slice down the length of the seam, maintaining the 1/4- to 1/2-inch thickness. Pull the meat open and press down to flatten. Continue cutting and flattening until the entire left half is 1/4- to 1/2-inch thickness. Rotate the tenderloin and repeat on the other half.
- Heat an outdoor grill to high (about 450°F to 550°F) and rub the grill grates with a towel dipped in vegetable oil. Have a pastry brush and small bowl of vegetable oil ready.

- Brush the pineapple, bell pepper, and scallions all over with a thin coating of oil and place them on the grill.
- Brush the cut sides of the lime halves with oil and place them cut-side down on the grill. Cover the grill and cook, turning the pineapple and vegetables as needed (no need to turn the limes), until grill marks appear and each item is slightly softened and charred, about 4 minutes for the pineapple, scallions, and limes, 5 to 6 minutes for the bell pepper.
- Remove the fruit and vegetables to a large dish or baking sheet and let them cool.
- Remove the pork from the marinade, scrape off any excess, and discard the marinade. Rub the grill grates again with a towel dipped in oil, place the pork on the grill, and cover the grill. Cook, flipping once, until grill marks appear and the pork registers 140°F on an instant-read thermometer, about 7 to 10 minutes total.
- Remove to a cutting board, tent with foil, and let rest. Meanwhile, finish preparing the topping.
- Cut out and discard the cores from the pineapple.
- Cut the remaining fruit into medium dice and place in a medium bowl. Chop the bell pepper and scallions into medium dice and add to the bowl. Squeeze the juice from 2 of the lime halves into the bowl and stir to combine. Slice the pork, squeeze the juice from the remaining 2 lime halves over the meat, and serve with the pineapple-red pepper mixture.

Nutrition Facts



Properties

Glycemic Index:61.67, Glycemic Load:9.57, Inflammation Score:-8, Nutrition Score:26.363478111184%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 338.7kcal (16.94%), Fat: 19.39g (29.83%), Saturated Fat: 3.49g (21.78%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 19.76g (7.19%), Sugar: 13.6g (15.11%), Cholesterol: 55.28mg (18.43%), Sodium: 1212.43mg (52.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.87g (41.75%), Vitamin C: 103.93mg (125.98%), Manganese: 1.36mg (68.11%), Vitamin B1: 0.97mg (64.63%), Vitamin B6: 0.97mg (48.26%), Vitamin K: 42.57µg

(40.54%), Selenium: 27µg (38.57%), Vitamin B3: 7.31mg (36.54%), Phosphorus: 257.08mg (25.71%), Vitamin B2: 0.39mg (22.92%), Vitamin A: 1081.57IU (21.63%), Potassium: 651.59mg (18.62%), Magnesium: 60.77mg (15.19%), Fiber: 3.79g (15.15%), Copper: 0.28mg (14.09%), Vitamin E: 1.98mg (13.21%), Zinc: 1.98mg (13.21%), Vitamin B5: 1.22mg (12.19%), Iron: 2.11mg (11.72%), Folate: 46.1µg (11.52%), Vitamin B12: 0.46µg (7.73%), Calcium: 51.16mg (5.12%), Vitamin D: 0.26µg (1.7%)