



Grilled Pork Tenderloin with Pineapple Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



2

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon ground ginger finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 lb pork tenderloin
- ☐ 1 kiwi fruit peeled chopped
- ☐ 1 slice pineapple cut into 1/2-inch pieces ()
- ☐ 1 tablespoon orange marmalade
- ☐ 1 teaspoon jalapeno finely chopped

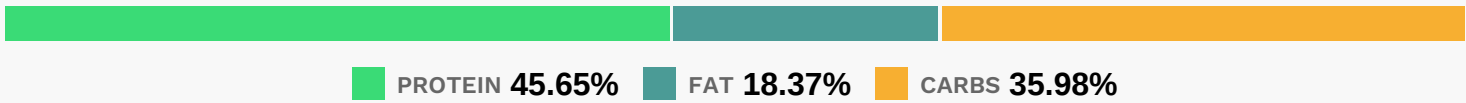
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix gingerroot, salt and cumin. Rub pork with ginger mixture.
- ☐ Cover and grill pork over medium heat 15 to 20 minutes, turning occasionally, until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F.
- ☐ Meanwhile, in small bowl, stir remaining ingredients until marmalade is completely mixed in.
- ☐ Cut pork into thin slices.
- ☐ Serve pineapple salsa with pork.

Nutrition Facts



Properties

Glycemic Index:74.17, Glycemic Load:5.55, Inflammation Score:-5, Nutrition Score:21.822608512381%

Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 211.41kcal (10.57%), Fat: 4.34g (6.68%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 16.94g (6.16%), Sugar: 14.35g (15.95%), Cholesterol: 73.71mg (24.57%), Sodium: 649.26mg (28.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.54%), Vitamin B1: 1.16mg (77.49%), Vitamin C: 57.53mg (69.74%), Selenium: 34.86µg (49.79%), Vitamin B6: 0.96mg (47.94%), Vitamin B3: 7.97mg (39.85%), Manganese: 0.63mg (31.53%), Phosphorus: 297.52mg (29.75%), Vitamin B2: 0.41mg (24.29%), Vitamin K: 19.11µg

(18.2%), Potassium: 602.61mg (17.22%), Zinc: 2.27mg (15.16%), Magnesium: 45.51mg (11.38%), Vitamin B5: 1.13mg (11.34%), Copper: 0.22mg (11.16%), Vitamin B12: 0.59µg (9.83%), Iron: 1.62mg (9.01%), Fiber: 2.19g (8.76%), Vitamin E: 0.95mg (6.35%), Folate: 21.06µg (5.26%), Calcium: 35.55mg (3.55%), Vitamin D: 0.34µg (2.27%), Vitamin A: 102.69IU (2.05%)