



 **60%**
HEALTH SCORE

Grilled Pork Tenderloin with Pipian Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups cilantro leaves fresh
- 2 garlic clove minced
- 2 teaspoons jalapeno seeded coarsely chopped
- 1.3 cups chicken broth
- 0.5 onion coarsely chopped
- 1.5 ounces peanuts
- 1.3 pound pork tenderloin cut into 1/2-inch-thick medallions
- 0.8 cup pumpkin seeds (pepitas)

- 3 radishes trimmed chopped
- 1.5 cups the of 1 cos lettuce
- 1.5 ounces sesame seed
- 3 tablespoons vegetable oil
- 4 cups water

Equipment

- frying pan
- sauce pan
- blender
- grill

Directions

- Place pork between 2 sheets of waxed paper. Pound to 1/4- to 1/2-inch thickness. (Can be made 4 hours ahead. Cover; chill.)
- Heat 2 tablespoons oil in heavy large skillet over medium heat.
- Add next 5 ingredients. Sauté until seeds are lightly browned, about 4 minutes. Set aside.
- Place 4 cups water, tomatillos, and jalapeño in small saucepan. Simmer over medium heat until tomatillos are soft and olive-green color, about 15 minutes.
- Drain, reserving 1/4 cup cooking liquid.
- Transfer tomatillos, jalapeño, reserved 1/4 cup liquid, cilantro, lettuce, broth, radishes, and seed mixture to blender. Blend sauce until smooth, stopping occasionally to push down ingredients.
- Heat 1 tablespoon oil in large skillet over medium heat.
- Add sauce; cook until thickened, about 4 minutes. Season with salt and pepper. (Can be made 2 hours ahead.)
- Let stand at room temperature.)
- Prepare barbecue (medium-high heat).
- Sprinkle pork with salt and pepper. Grill until cooked through, about 2 minutes per side. Divide among 4 plates. Stir sauce over medium heat until heated through. Spoon sauce over pork.

* Green tomato-like vegetables with paper-thin husks. Available at Latin American markets and some supermarkets.

Nutrition Facts

PROTEIN 32.7% **FAT 59.72%** **CARBS 7.58%**

Properties

Glycemic Index:53.06, Glycemic Load:1.07, Inflammation Score:-9, Nutrition Score:36.248695788176%

Flavonoids

Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 473.97kcal (23.7%), Fat: 32.2g (49.54%), Saturated Fat: 5.97g (37.32%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 5.28g (1.92%), Sugar: 1.31g (1.46%), Cholesterol: 92.14mg (30.71%), Sodium: 118.23mg (5.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.67g (79.35%), Vitamin B1: 1.61mg (107.2%), Selenium: 48.93µg (69.91%), Vitamin B3: 13.34mg (66.7%), Vitamin B6: 1.3mg (64.98%), Phosphorus: 638.35mg (63.83%), Manganese: 1.21mg (60.37%), Vitamin K: 56.88µg (54.17%), Copper: 0.93mg (46.34%), Magnesium: 176.17mg (44.04%), Vitamin A: 1973.3IU (39.47%), Vitamin B2: 0.59mg (34.62%), Zinc: 4.86mg (32.39%), Potassium: 960.5mg (27.44%), Iron: 4.9mg (27.23%), Folate: 74.56µg (18.64%), Vitamin B5: 1.57mg (15.68%), Fiber: 3.91g (15.62%), Calcium: 155.76mg (15.58%), Vitamin B12: 0.81µg (13.51%), Vitamin E: 1.7mg (11.34%), Vitamin C: 7.45mg (9.03%), Vitamin D: 0.43µg (2.83%)