



Grilled Pork Tenderloin with Salsa Verde

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 1 tablespoon capers
- 3 tablespoons chives fresh thinly sliced
- 0.3 cup flat-leaf parsley fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 1 garlic clove minced
- 1.5 cups tomatoes diced green
- 2 pound pork tenderloins trimmed cut into 3/4-inch slices

- 2 tablespoons juice of lemon fresh
- 2 tablespoons olive oil extra-virgin
- 1 teaspoon oregano fresh chopped
- 0.5 teaspoon salt
- 1 teaspoon sugar

Equipment

- food processor
- frying pan
- plastic wrap
- grill
- meat tenderizer

Directions

- Prepare grill to medium-high heat.
- Arrange pork slices in a single layer between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet. Lightly coat pork with cooking spray; sprinkle with salt and 1/4 teaspoon pepper.
- Place pork on a grill rack; grill pork 2 minutes on each side or until done.
- Combine tomato and remaining ingredients in a food processor; pulse until minced. Stir in remaining 1/4 teaspoon pepper.
- Serve with pork.

Nutrition Facts



PROTEIN 59.13% **FAT 33.26%** **CARBS 7.61%**

Properties

Glycemic Index:43.18, Glycemic Load:0.59, Inflammation Score:-8, Nutrition Score:24.596956875013%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 224.12kcal (11.21%), Fat: 8.12g (12.5%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 3.26g (1.19%), Sugar: 2.67g (2.96%), Cholesterol: 98.28mg (32.76%), Sodium: 318.52mg (13.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.49g (64.97%), Vitamin B1: 1.54mg (102.84%), Selenium: 46.88µg (66.98%), Vitamin B6: 1.23mg (61.48%), Vitamin B3: 10.41mg (52.07%), Vitamin K: 54.23µg (51.65%), Phosphorus: 390.79mg (39.08%), Vitamin B2: 0.55mg (32.13%), Vitamin C: 17.42mg (21.11%), Potassium: 729.6mg (20.85%), Zinc: 2.95mg (19.7%), Vitamin B5: 1.54mg (15.36%), Vitamin B12: 0.77µg (12.85%), Magnesium: 49.79mg (12.45%), Iron: 2.15mg (11.95%), Vitamin A: 589.4IU (11.79%), Copper: 0.2mg (9.82%), Vitamin E: 1.28mg (8.53%), Manganese: 0.13mg (6.57%), Fiber: 0.91g (3.65%), Folate: 11.72µg (2.93%), Calcium: 27.56mg (2.76%), Vitamin D: 0.3µg (2.02%)