



## Grilled Pork with Mango and Rum Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 teaspoons canola oil divided
- 0.3 cup brown sugar dark packed
- 1 tablespoon jamaican jerk seasoning (such as Spice Islands)
- 0.3 teaspoon kosher salt
- 1 pound pork tenderloin trimmed
- 2 tablespoons juice of lime fresh divided
- 2 mangoes ripe
- 0.3 cup golden rum (such as Bacardi)

2 teaspoons butter unsalted

## Equipment

bowl

frying pan

sauce pan

grill pan

## Directions

Combine jerk seasoning, 1 tablespoon lime juice, and 1 teaspoon oil in a medium bowl.

Cut pork crosswise into 8 pieces. Using your hand, flatten each piece to 1/2-inch thickness.

Add pork to spice mixture; toss well to coat.

Cut mangoes in half lengthwise; discard pits.

Cut each mango half into 1-inch cubes, cutting to, but not through, the skin.

Brush cut sides of mangoes with 1/2 teaspoon oil.

Heat a grill pan over high heat. Coat pan with cooking spray.

Add pork to pan; cook 4 minutes on each side or until desired degree of doneness.

Add mango halves, skin sides up, to pan; cook 3 minutes.

Remove from heat.

Combine sugar and next 3 ingredients (through salt) in a small saucepan. Bring to a boil. Reduce heat, and simmer 4 minutes or until thickened. Stir in 1 tablespoon lime juice.

Drizzle sauce over pork and mangoes.

## Nutrition Facts



## Properties

Glycemic Index:16.69, Glycemic Load:7.18, Inflammation Score:-8, Nutrition Score:22.261304648026%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 311.3kcal (15.57%), Fat: 6.67g (10.27%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 30.64g (10.21%), Net Carbohydrates: 28.26g (10.28%), Sugar: 27.79g (30.88%), Cholesterol: 79.08mg (26.36%), Sodium: 243.7mg (10.6%), Alcohol: 5.01g (100%), Alcohol %: 2.45% (100%), Protein: 24.94g (49.89%), Vitamin B1: 1.17mg (77.91%), Vitamin B6: 1.05mg (52.74%), Selenium: 36.15µg (51.65%), Vitamin C: 39.94mg (48.41%), Vitamin B3: 8.53mg (42.66%), Vitamin A: 1779.09IU (35.58%), Phosphorus: 303.38mg (30.34%), Vitamin B2: 0.45mg (26.38%), Potassium: 693.33mg (19.81%), Zinc: 2.34mg (15.61%), Vitamin E: 2.28mg (15.21%), Copper: 0.25mg (12.45%), Vitamin B5: 1.21mg (12.11%), Folate: 46.03µg (11.51%), Magnesium: 45.84mg (11.46%), Vitamin B12: 0.58µg (9.71%), Iron: 1.74mg (9.64%), Fiber: 2.38g (9.53%), Vitamin K: 7.75µg (7.38%), Manganese: 0.13mg (6.48%), Calcium: 36.81mg (3.68%), Vitamin D: 0.26µg (1.76%)