




 **60%**  
HEALTH SCORE

# Grilled Romesco Style Pork


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

READY IN




**35 min.**

SERVINGS



**4**

CALORIES



**462 kcal**

SAUCE

## Ingredients

- 1 teaspoon paprika
- 0.5 cup almonds sliced
- 12 ounce roasted peppers dry rinsed drained
- 4 large garlic clove thinly sliced
- 5 ounce baby spinach
- 0.3 cup olive oil extra virgin extra-virgin for rubbing
- 1.5 pounds pork tenderloin
- 0.3 teaspoon ground pepper

- 0.3 cup sherry vinegar

## Equipment

- frying pan
- paper towels
- grill
- kitchen thermometer
- slotted spoon
- grill pan
- cutting board

## Directions

- Prepare a gas grill for direct-heat cooking over medium-high heat; see grilling procedure.
- Meanwhile, lightly rub pork with some olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper.
- Oil grill rack, then grill pork, covered, turning occasionally, until an instant-read thermometer inserted diagonally into center registers 150°F, 20 to 25 minutes total.
- Transfer pork to a cutting board
- and let stand 10 minutes (temperature will rise 5 to 10 degrees).
- While pork stands, put greens and peppers on a platter.
- Cook almonds and garlic in oil in a small heavy skillet over medium heat, stirring frequently, until golden, about 2 minutes.
- Transfer with a slotted spoon to paper towels to drain.
- Add paprika, cayenne, and 1/2 teaspoon salt to oil in skillet and cook, stirring, 30 seconds.
- Pour in vinegar and boil, swirling occasionally, 1 minute.
- Drizzle hot dressing over greens and peppers and toss. Top with sliced
- pork and sprinkle with toasted almonds and garlic.
- Pork can be cooked in a hot oiled large (2-burner) ridged grill pan over medium heat or over a medium-hot charcoal fire.
- Nutrition Data

See Nutrition Data's analysis of this recipe ›

## Nutrition Facts

**PROTEIN 34.08%** **FAT 58.63%** **CARBS 7.29%**

### Properties

Glycemic Index:29.75, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:41.653043145719%

### Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

### Nutrients (% of daily need)

Calories: 462.4kcal (23.12%), Fat: 30.24g (46.52%), Saturated Fat: 5.01g (31.3%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 4.95g (1.8%), Sugar: 0.74g (0.83%), Cholesterol: 110.56mg (36.85%), Sodium: 1283.32mg (55.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.54g (79.08%), Vitamin K: 182.55µg (173.86%), Vitamin B1: 1.75mg (116.73%), Vitamin A: 4067.24IU (81.34%), Vitamin B6: 1.59mg (79.42%), Selenium: 53.09µg (75.84%), Vitamin B3: 12.47mg (62.33%), Vitamin C: 50.62mg (61.35%), Phosphorus: 510.75mg (51.07%), Vitamin B2: 0.81mg (47.5%), Vitamin E: 6.81mg (45.43%), Manganese: 0.81mg (40.4%), Potassium: 1106.64mg (31.62%), Magnesium: 116.75mg (29.19%), Zinc: 3.94mg (26.3%), Iron: 4.05mg (22.51%), Copper: 0.44mg (22.05%), Folate: 87.88µg (21.97%), Vitamin B5: 1.56mg (15.63%), Vitamin B12: 0.88µg (14.74%), Fiber: 3.51g (14.04%), Calcium: 118.93mg (11.89%), Vitamin D: 0.51µg (3.4%)