



HEALTH SCORE

52%

## Hawaiian Pork n' Greens



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon pepper black plus more for seasoning
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.3 cup chicken broth
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon kosher salt plus more for seasoning
- ☐ 3 tablespoons olive oil divided
- ☐ 1 teaspoon ground oregano dried
- ☐ 0.5 pineapple cubed cut into 1/2 inch cubes or 3 cups pineapple

- ☐ 2 pound pork tenderloins
- ☐ 0.5 teaspoon chili flakes red
- ☐ 1 onion red roughly chopped
- ☐ 10 ounces pkt spinach washed and cut crosswise into 3 inch pieces
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon pepper white

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

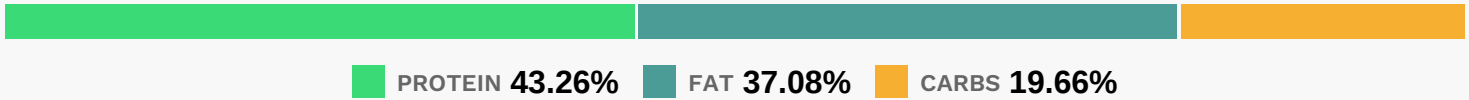
## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In a small bowl, mix together 1 tablespoon of salt, sugar, oregano, 1 teaspoon of black pepper, white pepper, and cayenne. Rub the mixture over tenderloins to coat.
- ☐ In a straight-sided oven-proof skillet large enough to fit the entire length of the loins, heat 2 tablespoons of the oil over medium heat. When hot, add the pork loins and sear on all sides until just golden, about 2 to 3 minutes each side. (Depending on the size of the skillet, you may need to sear in batches.)
- ☐ Transfer to the oven and bake until the internal temperature reaches 145 degrees F on an instant-read thermometer, about 20 to 25 minutes.
- ☐ Remove the skillet from the oven and transfer the roasts to a cutting board. Loosely cover with aluminum foil and let rest 10 minutes.
- ☐ Heat the skillet over medium heat, add the remaining oil, the onions, pineapple and garlic.
- ☐ Saute until the pineapple caramelizes slightly.

- ☐
- Add the red pepper flakes and saute a few minutes more. Stir in the spinach and season with salt and pepper, to taste.

☐☐

## Nutrition Facts



## Properties

Glycemic Index:47.79, Glycemic Load:6.39, Inflammation Score:-10, Nutrition Score:38.569130669469%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

## Nutrients (% of daily need)

Calories: 307.58kcal (15.38%), Fat: 12.74g (19.6%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 15.19g (5.06%), Net Carbohydrates: 12.35g (4.49%), Sugar: 9.17g (10.19%), Cholesterol: 98.47mg (32.82%), Sodium: 1319.77mg (57.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.45g (66.9%), Vitamin K: 235.97µg (224.74%), Vitamin B1: 1.6mg (106.38%), Vitamin A: 4604.24IU (92.08%), Vitamin B6: 1.38mg (69%), Selenium: 46.73µg (66.76%), Manganese: 1.27mg (63.58%), Vitamin C: 51.2mg (62.06%), Vitamin B3: 10.82mg (54.08%), Phosphorus: 406.43mg (40.64%), Vitamin B2: 0.64mg (37.69%), Potassium: 988.4mg (28.24%), Folate: 109.86µg (27.46%), Magnesium: 91.68mg (22.92%), Zinc: 3.25mg (21.66%), Iron: 3.32mg (18.46%), Vitamin E: 2.5mg (16.67%), Copper: 0.3mg (15.17%), Vitamin B5: 1.5mg (14.95%), Vitamin B12: 0.79µg (13.14%), Fiber: 2.84g (11.38%), Calcium: 81.35mg (8.13%), Vitamin D: 0.45µg (3.02%)