



Honey-Glazed Pork Tenderloin with Melon-Pineapple Sauce

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

READY IN



40 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cantaloupe diced
- 1 tablespoon ground coriander chinese
- 2 tablespoons honey
- 1 jalapeno diced seeded finely
- 2 tablespoons olive oil extra-virgin
- 3 tablespoons orange juice
- 1 cup pineapple diced such as peaches or pears

- 2 pound pork tenderloins
- 1 tablespoon red wine vinegar
- 2 teaspoons soya sauce

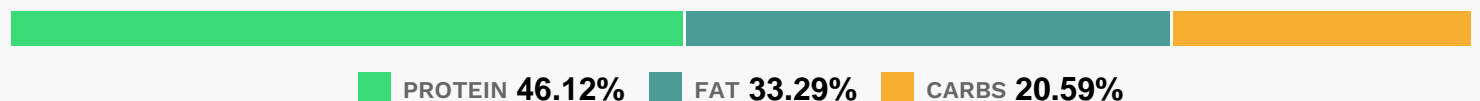
Equipment

- plastic wrap
- grill
- aluminum foil
- cutting board

Directions

- Mix together the juice, honey, olive oil, soy sauce, and Chinese five-spice powder in a large, shallow dish. Pat tenderloins dry and turn to coat in marinade. Cover with plastic wrap and refrigerate 30 minutes or overnight. While pork is marinating, make the fruit sauce.
- Mix together pineapple (or other diced fruit), melon, jalapeo pepper, and vinegar, and season with salt and freshly ground pepper.
- Lightly coat clean grids of grill with cooking oil spray.
- Heat grill to medium heat.
- Place tenderloins across grids and close lid. Cook 5 minutes, covered, then turn tenderloins on their sides. Cook another 5 minutes, turning again every 5 minutes until all 4 sides of the tenderloins are seared (for a total of 20 minutes).
- Transfer tenderloins to a cutting board and cover loosely with aluminum foil.
- Let rest 5 minutes. Slice tenderloins crosswise into 1/2-inch-thick pieces. Arrange on plates and top with fruit sauce. Tenderloins can be served hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:54.69, Glycemic Load:6.24, Inflammation Score:-7, Nutrition Score:30.289565190025%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 419.52kcal (20.98%), Fat: 15.36g (23.64%), Saturated Fat: 3.68g (23%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 19.58g (7.12%), Sugar: 18.13g (20.14%), Cholesterol: 147.42mg (49.14%), Sodium: 296.01mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.89g (95.79%), Vitamin B1: 2.26mg (150.78%), Selenium: 69.52µg (99.32%), Vitamin B6: 1.78mg (89.04%), Vitamin B3: 15.62mg (78.08%), Phosphorus: 574.43mg (57.44%), Vitamin B2: 0.8mg (47.2%), Zinc: 4.49mg (29.93%), Potassium: 1038.81mg (29.68%), Vitamin B5: 2mg (19.97%), Vitamin B12: 1.18µg (19.66%), Magnesium: 74.41mg (18.6%), Vitamin A: 923.1IU (18.46%), Vitamin C: 14.34mg (17.39%), Iron: 2.87mg (15.94%), Copper: 0.29mg (14.54%), Vitamin E: 1.65mg (10.98%), Vitamin K: 8.14µg (7.75%), Fiber: 1.8g (7.2%), Manganese: 0.11mg (5.5%), Vitamin D: 0.68µg (4.54%), Calcium: 30.58mg (3.06%), Folate: 9.51µg (2.38%)