



Hot Chile Grilled Pork Rounds with Avocado-Mango Salsa over Couscous

 Dairy Free or type unknown

READY IN

ready or type unknown

25 min.

SERVINGS

servings or type unknown

4

CALORIES

calories or type unknown

509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup california avocado diced ripe
- ☐ 1 tablespoon chili oil hot
- ☐ 2 tablespoons freshly cilantro leaves chopped
- ☐ 10 ounce couscous
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon jalapeno seeded finely chopped
- ☐ 2 tablespoons juice of lime fresh

- ☐ 2 cups chicken broth reduced-sodium
- ☐ 1 cup mangos diced ripe
- ☐ 12 ounces pork tenderloin rounds cooked sliced (1/ rounds)
- ☐ 2 tablespoons onion red minced
- ☐ 4 servings salt and pepper black freshly ground

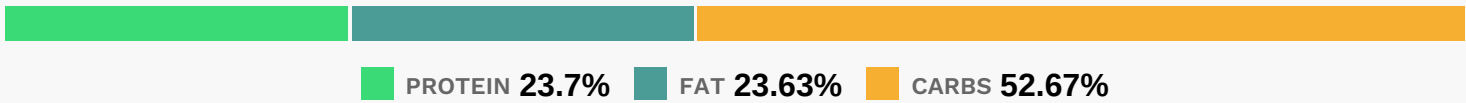
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ stove
- ☐ grill pan

Directions

- ☐ In a medium bowl, combine mango, avocado, onion, lime juice, cilantro, jalapeno, and cumin.
- ☐ Mix well. Season, to taste, with salt and black pepper.
- ☐ In a saucepan, bring chicken broth to a boil.
- ☐ Add couscous, stir and cover.
- ☐ Remove from heat. After 5 minutes remove cover, fluff with a fork.
- ☐ Meanwhile, set a stove-top grill pan over medium-high heat to preheat.
- ☐ Brush both sides of pork slices with hot chili oil and season with salt and black pepper.
- ☐ Add slices to hot pan and cook 1 to 2 minutes per side, until golden brown.
- ☐ Serve pork over couscous with salsa spooned on top.

Nutrition Facts



Properties

Glycemic Index:71.19, Glycemic Load:36.66, Inflammation Score:-7, Nutrition Score:23.736956627473%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg 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: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 508.84kcal (25.44%), Fat: 13.39g (20.6%), Saturated Fat: 2.63g (16.42%), Carbohydrates: 67.15g (22.38%), Net Carbohydrates: 60.17g (21.88%), Sugar: 6.55g (7.28%), Cholesterol: 55.28mg (18.43%), Sodium: 90.6mg (3.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.21g (60.42%), Vitamin B1: 0.99mg (66.27%), Vitamin B3: 10.71mg (53.57%), Vitamin B6: 0.91mg (45.58%), Phosphorus: 392.18mg (39.22%), Selenium: 26.23µg (37.47%), Manganese: 0.67mg (33.66%), Vitamin C: 25.9mg (31.39%), Fiber: 6.98g (27.92%), Vitamin B2: 0.45mg (26.34%), Potassium: 834.56mg (23.84%), Vitamin B5: 2.22mg (22.25%), Copper: 0.44mg (21.83%), Magnesium: 72.67mg (18.17%), Zinc: 2.6mg (17.34%), Folate: 65.15µg (16.29%), Vitamin E: 2mg (13.34%), Vitamin K: 13.26µg (12.63%), Iron: 2.25mg (12.52%), Vitamin A: 562.68IU (11.25%), Vitamin B12: 0.56µg (9.34%), Calcium: 40.3mg (4.03%), Vitamin D: 0.26µg (1.7%)