



Island Pork Tenderloin Salad



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



1107 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocado
- ☐ 5 ounces baby spinach trimmed (6 cups leaves)
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon cinnamon
- ☐ 1 teaspoon curry powder toasted
- ☐ 1 cup t brown sugar dark packed
- ☐ 1 tablespoon dijon mustard

- ☐ 2 tablespoons garlic finely chopped
- ☐ 0.5 cup golden raisins
- ☐ 1 teaspoon ground cumin
- ☐ 3 tablespoons juice of lime fresh
- ☐ 4 cups napa cabbage thinly sliced (from 1 medium head)
- ☐ 3 navel oranges
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon orange juice fresh
- ☐ 2 pork tenderloin
- ☐ 1 bell pepper red cut lengthwise into thin strips
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon all the tabasco sauce you handle

Equipment

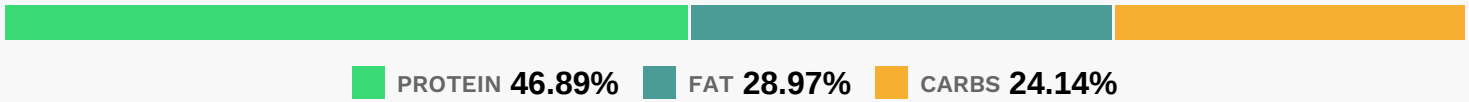
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350°F.
- ☐ Stir together salt, pepper, cumin, chili powder, and cinnamon, then coat pork with spice rub.
- ☐ Heat oil in an ovenproof 12-inch heavy skillet over moderately high heat until just beginning to smoke, then brown pork, turning, about 4 minutes total. Leave pork in skillet.
- ☐ Stir together brown sugar, garlic, and Tabasco and pat onto top of each tenderloin. Roast in middle of oven until thermometer inserted diagonally in center of each tenderloin registers 140°F, about 20 minutes.

- ☐ Let pork stand in skillet at room temperature 10 minutes. (Temperature will rise to about 155°F while standing.)
- ☐ Whisk together juices, mustard, curry powder, salt, and pepper, then add oil in a stream, whisking until emulsified.
- ☐ Cut peel, including white pith, from oranges with a sharp knife, then cut oranges crosswise into 1/4-inch-thick slices. Toss spinach, cabbage, bell pepper, and raisins in a large bowl with about 1/4 cup vinaigrette. Halve, pit, and peel avocados, then cut diagonally into 1/4-inch-thick slices.
- ☐ Cut pork at a 45-degree angle into 1/2-inch-thick slices. Line a large platter with dressed salad and arrange sliced pork, oranges, and avocados in rows on top.
- ☐ Drizzle some vinaigrette over avocados and oranges.
- ☐ Pour any juices from skillet over pork.

Nutrition Facts



Properties

Glycemic Index:58.94, Glycemic Load:6.78, Inflammation Score:-10, Nutrition Score:64.490000102831%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 16.32mg, Hesperetin: 16.32mg, Hesperetin: 16.32mg, Hesperetin: 16.32mg Naringenin: 5.06mg, Naringenin: 5.06mg, Naringenin: 5.06mg, Naringenin: 5.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 1106.64kcal (55.33%), Fat: 35.5g (54.61%), Saturated Fat: 9.18g (57.36%), Carbohydrates: 66.57g (22.19%), Net Carbohydrates: 57.85g (21.04%), Sugar: 51.26g (56.96%), Cholesterol: 393.03mg (131.01%), Sodium: 641.06mg (27.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 129.28g (258.56%), Vitamin B1: 6.1mg (406.66%), Selenium: 185.96µg (265.66%), Vitamin B6: 5.18mg (259.19%), Vitamin B3: 42.31mg (211.55%), Phosphorus: 1579.79mg (157.98%), Vitamin K: 154.6µg (147.24%), Vitamin B2: 2.28mg (134.37%), Vitamin C: 100.37mg (121.66%),

Potassium: 3302.89mg (94.37%), Zinc: 12.24mg (81.61%), Vitamin A: 3402.93IU (68.06%), Vitamin B5: 6.42mg (64.17%), Magnesium: 231.35mg (57.84%), Vitamin B12: 3.14µg (52.4%), Iron: 8.23mg (45.71%), Folate: 176.44µg (44.11%), Copper: 0.83mg (41.56%), Manganese: 0.75mg (37.47%), Fiber: 8.72g (34.89%), Vitamin E: 4.46mg (29.73%), Calcium: 192.65mg (19.26%), Vitamin D: 1.81µg (12.09%)