



Jalapeño Grilled Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound pork loin roast boneless
- ☐ 0.3 cup butter
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 5 to 6 jalapeño peppers divided
- ☐ 0.3 cup juice of lime
- ☐ 1 plum tomatoes diced peeled seeded
- ☐ 1.3 teaspoons salt divided

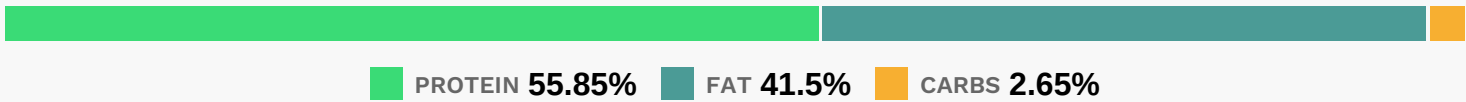
Equipment

- ☐ plastic wrap
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Seed and chop 3 peppers. Stir together chopped pepper, next 4 ingredients, and 1/4 teaspoon salt.
- ☐ Butterfly roast by making a lengthwise cut down center of 1 flat side, cutting to within 1/2 inch of bottom. From bottom of cut, slice horizontally to 1/2 inch from left side; repeat procedure to right side. Open roast, and place between 2 sheets of heavy-duty plastic wrap; flatten to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Spread pepper mixture over roast.
- ☐ Roll up, and tie at 1-inch intervals with string.
- ☐ Place, seam side down, in a lightly greased 11- x 7-inch baking dish; cover and chill 8 hours.
- ☐ Seed and chop remaining 2 to 3 jalapeo peppers. Stir together peppers, butter, and remaining 1 teaspoon salt.
- ☐ Grill pork, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 40 to 50 minutes or until a meat thermometer inserted into thickest portion registers 160, turning and basting often with butter mixture. Slice and serve with gourmet greens.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:18.660000028818%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 282.5kcal (14.12%), Fat: 12.67g (19.5%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.7g (0.78%), Cholesterol: 107.16mg (35.72%), Sodium: 514.57mg (22.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.38g (76.76%), Selenium: 47.27µg (67.53%), Vitamin B6: 1.34mg (67%), Vitamin B1: 0.76mg (50.94%), Vitamin B3: 9.95mg (49.74%), Phosphorus: 390.74mg (39.07%), Zinc: 3.1mg (20.69%), Potassium: 691.66mg (19.76%), Vitamin B2: 0.33mg (19.44%), Vitamin C: 13.98mg (16.95%), Vitamin B12: 0.87µg (14.58%), Vitamin B5: 1.32mg (13.22%), Magnesium: 47.43mg (11.86%), Vitamin A: 423.22IU (8.46%), Copper: 0.11mg (5.6%), Iron: 0.99mg (5.48%), Vitamin E: 0.82mg (5.44%), Vitamin D: 0.68µg (4.54%), Vitamin K: 2.6µg (2.48%), Manganese: 0.04mg (2.22%), Fiber: 0.39g (1.55%), Calcium: 15.17mg (1.52%), Folate: 4.44µg (1.11%)