



Jamaican Pork Tenderloin with Sauce Caribe



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 1.5 tablespoons mccormick gourmet collection jamaican jerk seasoning
- ☐ 1.5 tablespoons orange juice dark
- ☐ 3 tablespoons orange juice fresh
- ☐ 9 inch circulon straining sauté pan with pouring lip
- ☐ 1.5 pounds pork tenderloin
- ☐ 0.5 cup currant jelly red
- ☐ 6 servings garnishes: honey-roasted usa peanuts chopped

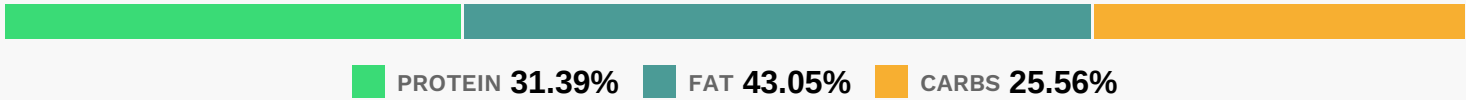
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Brush pork with orange juice, and rub evenly with jerk seasoning.
- ☐ Coat food rack with cooking spray, and place on grill over medium-high heat (350 to 400).
- ☐ Place pork on rack, and grill, covered with grill lid, 10 minutes on each side or until a meat thermometer inserted into thickest portion registers 16
- ☐ Cut pork diagonally into thin slices, and arrange on a serving platter.
- ☐ Whisk together red currant jelly and Dijon mustard in saut pan over low heat, and cook, whisking constantly, until thoroughly heated.
- ☐ Remove from heat, and stir in rum.
- ☐ Drizzle warm sauce over pork slices; garnish, if desired.
- ☐ Serve with long-grain and wild rice, if desired.
- ☐ TIP: Edible flowers may be found next to the fresh herbs in the produce section of larger grocery stores.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:11.27, Inflammation Score:-7, Nutrition Score:24.570869549461%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg,

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Nutrients (% of daily need)

Calories: 424.08kcal (21.2%), Fat: 20.73g (31.9%), Saturated Fat: 4.14g (25.9%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 23.54g (8.56%), Sugar: 15.1g (16.78%), Cholesterol: 77.48mg (25.83%), Sodium: 408.99mg (17.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.02g (68.03%), Vitamin B1: 1.27mg (84.71%), Vitamin B3: 12.73mg (63.63%), Selenium: 43.06µg (61.51%), Vitamin B6: 1.02mg (51.22%), Phosphorus: 431.2mg (43.12%), Manganese: 0.81mg (40.68%), Vitamin B2: 0.47mg (27.5%), Magnesium: 92.69mg (23.17%), Potassium: 799.35mg (22.84%), Zinc: 3.01mg (20.09%), Copper: 0.36mg (18.24%), Fiber: 4.15g (16.6%), Vitamin B5: 1.49mg (14.88%), Iron: 2.5mg (13.86%), Vitamin A: 629.54IU (12.59%), Folate: 46.03µg (11.51%), Vitamin C: 8.92mg (10.82%), Vitamin B12: 0.63µg (10.52%), Vitamin E: 1.1mg (7.36%), Calcium: 57.43mg (5.74%), Vitamin D: 0.36µg (2.37%), Vitamin K: 2.28µg (2.17%)