



Jerk Pork Tenderloin with Blueberry Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups blueberries fresh
- ☐ 2 tablespoons walkerswood jamaican jerk seasoning
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup mango chutney
- ☐ 2 tablespoons olive oil
- ☐ 8 oz dole pineapple tidbits drained canned

- ☐ 2 lb pork tenderloin
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt

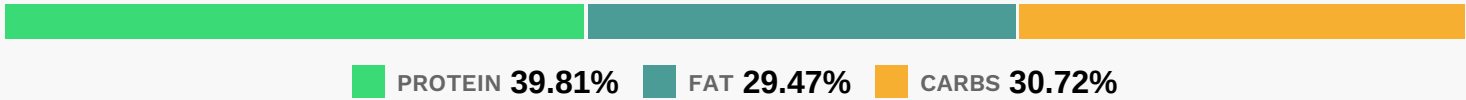
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Remove silver skin from tenderloins, leaving a thin layer of fat.
- ☐ Brush pork with olive oil, and sprinkle with jerk seasoning.
- ☐ Grill pork, covered with grill lid, 10 to 12 minutes on each side or until a meat thermometer inserted in thickest portion registers 14
- ☐ Remove from grill, and let stand 5 minutes.
- ☐ Meanwhile, coarsely chop 1 cup blueberries. Toss together remaining whole blueberries, chopped berries, and next 7 ingredients. Slice pork, and serve with blueberry salsa.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:11.61, Inflammation Score:-8, Nutrition Score:35.543478447458%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg 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

Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 485.51kcal (24.28%), Fat: 15.96g (24.56%), Saturated Fat: 3.78g (23.62%), Carbohydrates: 37.44g (12.48%), Net Carbohydrates: 32.99g (12%), Sugar: 26.34g (29.27%), Cholesterol: 147.42mg (49.14%), Sodium: 487.78mg (21.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.51g (97.03%), Vitamin B1: 2.33mg (155.48%), Selenium: 70.36µg (100.52%), Vitamin B6: 1.92mg (95.91%), Vitamin B3: 16.02mg (80.1%), Phosphorus: 584.95mg (58.5%), Vitamin B2: 0.87mg (51.17%), Vitamin K: 42.59µg (40.56%), Potassium: 1148.41mg (32.81%), Zinc: 4.66mg (31.03%), Vitamin A: 1478.16IU (29.56%), Vitamin E: 3.65mg (24.33%), Vitamin C: 18.1mg (21.94%), Magnesium: 84.18mg (21.04%), Vitamin B5: 2.05mg (20.49%), Iron: 3.59mg (19.97%), Vitamin B12: 1.18µg (19.66%), Manganese: 0.39mg (19.52%), Copper: 0.38mg (19.08%), Fiber: 4.44g (17.77%), Calcium: 53.85mg (5.38%), Vitamin D: 0.68µg (4.54%), Folate: 16.57µg (4.14%)