



Jerk Pork Tenderloin with Pineapple-Plum Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons brown sugar
- ☐ 1 tablespoon cider vinegar
- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 garlic cloves peeled

- ☐ 1.5 cups green onions chopped
- ☐ 1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 habanero pepper
- ☐ 1 tablespoon honey
- ☐ 2 pound pork tenderloins trimmed
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 2 cups pineapple finely chopped
- ☐ 0.8 cup plum ripe finely chopped (3 medium)
- ☐ 0.3 cup red wine vinegar
- ☐ 1 teaspoon salt

Equipment

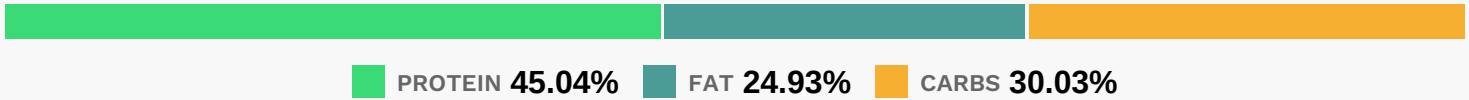
- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ To prepare pork, combine first 13 ingredients in a blender; process until smooth.
- ☐ Place green onion mixture in a large zip-top bag.
- ☐ Add pork to bag; seal. Marinate in refrigerator 8 hours or overnight, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove pork from bag; discard marinade.
- ☐ Place pork on a grill rack coated with cooking spray; grill 23 minutes or until a thermometer registers 155 or until desired degree of doneness.

- ☐ Let pork stand 10 minutes. Slice pork into 1/2-inch-thick slices.
- ☐ To prepare relish, combine pineapple and remaining ingredients in a bowl, stirring well.
- ☐ Serve with pork.

Nutrition Facts



Properties

Glycemic Index:45.45, Glycemic Load:5, Inflammation Score:-6, Nutrition Score:21.581738959188%

Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 222.87kcal (11.14%), Fat: 6.16g (9.48%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 15.08g (5.48%), Sugar: 12.73g (14.15%), Cholesterol: 73.71mg (24.57%), Sodium: 523.86mg (22.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.08%), Vitamin B1: 1.19mg (79.07%), Selenium: 35.32µg (50.45%), Vitamin B6: 0.97mg (48.69%), Vitamin K: 44.14µg (42.04%), Vitamin B3: 8.07mg (40.37%), Vitamin C: 28.49mg (34.53%), Phosphorus: 305.42mg (30.54%), Manganese: 0.54mg (26.8%), Vitamin B2: 0.44mg (25.81%), Potassium: 626.54mg (17.9%), Zinc: 2.37mg (15.8%), Magnesium: 47.13mg (11.78%), Vitamin B5: 1.12mg (11.23%), Iron: 1.94mg (10.78%), Vitamin B12: 0.58µg (9.64%), Copper: 0.19mg (9.58%), Vitamin A: 336.61IU (6.73%), Fiber: 1.62g (6.47%), Vitamin E: 0.95mg (6.35%), Folate: 24.86µg (6.21%), Calcium: 41.04mg (4.1%), Vitamin D: 0.23µg (1.51%)