



Mango Pork Tenderloin with Sweet Ginger Rice and Grilled Pineapple

 Gluten Free

READY IN



425 min.

SERVINGS



4

CALORIES



680 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons brown sugar
- 1 tablespoon butter
- 1 tablespoon sriracha
- 0.5 teaspoon chili powder
- 0.3 cup asian chili sauce sweet
- 1 teaspoon mustard dry
- 1 tablespoon fish sauce

- 3 tablespoons ginger fresh peeled chopped
- 4 to 5 garlic cloves peeled
- 2 teaspoons garlic powder
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground pepper flakes red
- 2 teaspoons ground pepper black
- 0.3 cup catsup
- 1 tablespoon juice of lime fresh
- 1 cup mangos fresh sweet chopped
- 0.5 cup orange juice fresh
- 1 teaspoon ground oregano
- 3 tablespoons paprika
- 1 tablespoon slivered pickled ginger
- 1 pineapple fresh cored peeled
- 1 package pork tenderloin fresh (2 loins)
- 2 teaspoons lawry's seasoned salt
- 0.5 cup soya sauce
- 0.3 cup spiced rum
- 0.3 cup sugar
- 1 tablespoon sugar
- 1 cup sushi rice
- 2 tablespoons vegetable oil
- 0.5 cup white wine

Equipment

- bowl
- frying pan
- sauce pan
- mixing bowl

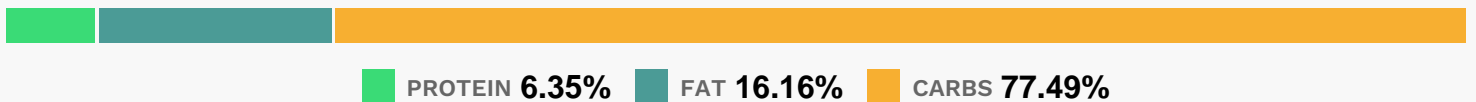
- blender
- baking pan
- grill
- aluminum foil
- ziploc bags
- cutting board

Directions

- Combine all the dry rub ingredients in a small bowl.
- Coat the loins with the dry rub, put them into a resealable plastic bag and refrigerate for 2 hours. Puree the soy sauce, white wine, orange juice, ketchup, ginger, garlic and sugar in a blender until smooth.
- Add the marinade to the tenderloins, and refrigerate for 4 to 6 hours.
- Remove the tenderloins from the marinade and allow them to rest at room temperature for 30 minutes.
- Combine all the ingredients in a nonstick saucepan over medium heat and simmer hard, stirring often, until the mango breaks down and thickens to a jam.
- Transfer the marinade to a small saucepan over medium heat.
- Add the mango jam and the sweet chili sauce, and bring to a hard simmer. Reduce the mixture by 1/2 the volume, stirring occasionally, as the sugars can settle and burn.
- Remove 1/2 of the marinade to a small bowl and set aside for service.
- Cook the rice according to package directions. Coat the inside of an 8 by 8-inch baking dish with cooking spray.
- Transfer 2 cups of the warm cooked rice to a mixing bowl.
- Add the pickled ginger, fish sauce and chili garlic sauce and gently combine. Press the mixture into the baking dish, cover and refrigerate until cooled and set, about 1 hour.
- (When the pork loins have been put on the grill) gently turn the set rice cake out onto a cutting board.
- Cut the cake corner to corner to make 4 triangles.
- Heat the 2 tablespoons of oil in a nonstick skillet over medium heat. Carefully add the 4 rice cakes. If a part of the cake breaks away, gently press it back into shape.

- Saute on the first side until the cakes have caramelized, about 15 minutes. Carefully turn the cakes over, add 1 tablespoon oil and 1 tablespoon butter.
- Saute the second side until you can hear the caramelized cakes gently scratching the bottom when the pan is jiggled, about 10 to 15 minutes.
- Cut the pineapple lengthwise into logs or wedges, then cut in half and put them into a large bowl.
- Combine the rum, sugar and cinnamon in a small bowl and pour it over the pineapple. Allow it to sit at room temperature for 1 hour.
- When the tenderloins have been removed from the grill to rest, grill the pineapple on medium-high heat for a couple minutes per side turning and basting with the rum sauce to achieve caramelized grill marks.
- Prepare a charcoal or gas grill with 1 side medium-high heat and 1 side medium-low heat. Sear the loins on all 4 sides on medium-high for 3 minutes per side. Move the loins to the medium-low heat side. Baste with the marinade, close grill and cook, basting every 5 minutes, until the loins reach medium-rare or to desired doneness.
- Remove the loins to a cutting board and cover loosely with foil.
- Let rest for 15 minutes before carving on the diagonal into 1/4-inch medallions.
- Transfer the medallions to a serving platter and serve with sweet ginger rice, grilled pineapple and reserved marinade.

Nutrition Facts



Properties

Glycemic Index:150.65, Glycemic Load:65.19, Inflammation Score:-10, Nutrition Score:27.83391294183%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 4.16mg, Hesperetin: 4.16mg, Hesperetin: 4.16mg, Hesperetin: 4.16mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 679.59kcal (33.98%), Fat: 11.71g (18.02%), Saturated Fat: 3.15g (19.69%), Carbohydrates: 126.36g (42.12%), Net Carbohydrates: 117.49g (42.72%), Sugar: 69.43g (77.15%), Cholesterol: 7.69mg (2.56%), Sodium: 3691.48mg (160.5%), Alcohol: 8.1g (100%), Alcohol %: 1.96% (100%), Protein: 10.35g (20.69%), Vitamin C: 141.94mg (172.05%), Manganese: 3.18mg (159.22%), Vitamin A: 3629.73IU (72.59%), Fiber: 8.87g (35.5%), Vitamin B6: 0.7mg (35%), Copper: 0.56mg (27.75%), Vitamin K: 26.61µg (25.35%), Vitamin B1: 0.37mg (24.45%), Vitamin B3: 4.83mg (24.15%), Iron: 4.24mg (23.54%), Magnesium: 92.05mg (23.01%), Potassium: 792.5mg (22.64%), Folate: 87.45µg (21.86%), Vitamin E: 3.28mg (21.84%), Vitamin B2: 0.29mg (17.16%), Selenium: 11.02µg (15.75%), Phosphorus: 151.32mg (15.13%), Vitamin B5: 1.37mg (13.66%), Zinc: 1.53mg (10.19%), Calcium: 101.21mg (10.12%)