



Maple-Chipotle Pork on Smoked Gouda Grits with Sweet Onion Applesauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon adobo sauce from can
- ☐ 0.5 cup barbecue sauce
- ☐ 2 chipotle peppers in adobo sauce minced seeded
- ☐ 6 servings gouda grits smoked
- ☐ 0.5 cup maple syrup
- ☐ 6 servings onion applesauce sweet
- ☐ 2 pound pork tenderloins

- ☐ 6 servings salt and pepper to taste
- ☐ 1 dupont teflon non-stick jellyroll pan

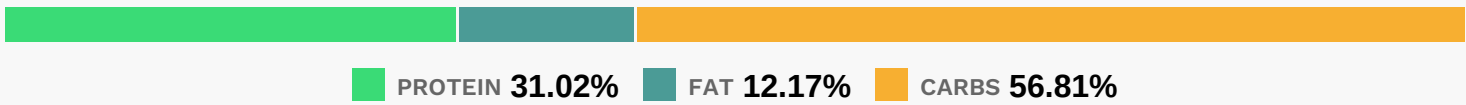
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ kitchen thermometer
- ☐ microwave

Directions

- ☐ TIP: Make the Sweet Onion Applesauce and Smoked Gouda Grits a day ahead. Reheat grits in the microwave, adding chicken broth or water as needed.
- ☐ Place pork in greased jellyroll pan; sprinkle evenly with salt and pepper.
- ☐ Pour half of chipotle mixture over pork; reserve remaining chipotle mixture.
- ☐ Bake at 375 for 20 to 30 minutes or until a meat thermometer inserted in thickest portion registers 160, basting occasionally with pan drippings.
- ☐ Remove pork to a wire rack, and let stand 10 minutes.
- ☐ Cut into 1/2-inch-thick slices.
- ☐ Spoon Smoked Gouda Grits evenly onto 6 serving plates; top with pork slices, and drizzle with remaining chipotle mixture. Dollop Sweet Onion Applesauce around Smoked Gouda Grits.

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:7.73, Inflammation Score:-5, Nutrition Score:25.036521872748%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg,

Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin:
11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 467.16kcal (23.36%), Fat: 6.18g (9.51%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 64.97g (21.66%), Net
Carbohydrates: 62.69g (22.8%), Sugar: 26.92g (29.91%), Cholesterol: 98.28mg (32.76%), Sodium: 665.88mg
(28.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.47g (70.94%), Vitamin B1: 1.58mg (105.62%),
Selenium: 53.05µg (75.79%), Vitamin B6: 1.3mg (64.89%), Vitamin B3: 10.69mg (53.47%), Vitamin B2: 0.89mg
(52.61%), Phosphorus: 416.91mg (41.69%), Manganese: 0.78mg (39.06%), Potassium: 845.2mg (24.15%), Zinc:
3.31mg (22.08%), Magnesium: 65.78mg (16.45%), Vitamin B5: 1.56mg (15.61%), Vitamin B12: 0.79µg (13.1%), Iron:
2.3mg (12.79%), Copper: 0.2mg (10.14%), Fiber: 2.28g (9.14%), Calcium: 60.76mg (6.08%), Vitamin C: 4.26mg
(5.17%), Vitamin E: 0.56mg (3.71%), Folate: 12.95µg (3.24%), Vitamin D: 0.45µg (3.02%), Vitamin A: 143.05IU (2.86%)