



Mixed Grill With Cilantro Pesto



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



81 kcal

Ingredients

- ☐ 24 oz beef tenderloin fillets thick (2 inches)
- ☐ 1 sprigs garnishes: cilantro rosemary sprigs fresh
- ☐ 8 servings kosher salt
- ☐ 8 servings bell pepper
- ☐ 8 servings cilantro pesto
- ☐ 6 inch center-cut pork chops bone-in

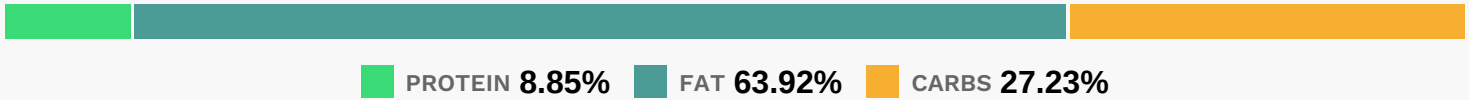
Equipment

- ☐ grill

Directions

- ☐ Sprinkle pork chops and beef fillets evenly with desired amount of salt and pepper.
- ☐ Grill chops and fillets, covered with grill lid, over medium-high heat (350 to 400). Grill chops 8 to 10 minutes on each side or until done. Grill fillets 8 to 10 minutes. Turn fillets over, and cook 5 more minutes or to desired degree of doneness.
- ☐ Remove chops and fillets from grill, and let stand 5 minutes.
- ☐ Serve with Cilantro Pesto.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:9.9039129865882%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 80.7kcal (4.03%), Fat: 5.95g (9.15%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 3.89g (1.41%), Sugar: 3.61g (4.01%), Cholesterol: 2.51mg (0.84%), Sodium: 338.07mg (14.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Vitamin C: 95.37mg (115.6%), Vitamin A: 2635.5IU (52.71%), Vitamin B6: 0.23mg (11.51%), Folate: 34.31µg (8.58%), Vitamin E: 1.18mg (7.86%), Fiber: 1.81g (7.24%), Potassium: 163.89mg (4.68%), Vitamin B3: 0.86mg (4.28%), Manganese: 0.08mg (4.22%), Vitamin B2: 0.07mg (3.94%), Vitamin K: 3.65µg (3.48%), Vitamin B1: 0.05mg (3.3%), Calcium: 30.01mg (3%), Vitamin B5: 0.25mg (2.5%), Iron: 0.42mg (2.36%), Magnesium: 9.45mg (2.36%), Phosphorus: 23.36mg (2.34%), Zinc: 0.22mg (1.47%), Selenium: 0.72µg (1.03%)