



Pan-Seared Pork with Pineapple-Kiwi Salsa

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



19 min.

SERVINGS



4

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chili powder
- 2 tablespoons cilantro leaves fresh chopped
- 1 jalapeño minced seeded
- 1 cup kiwi fruit diced whole peeled (2 or 3 kiwi)
- 1 tablespoon juice of lime fresh
- 1 tablespoon olive oil
- 1 cup pineapple fresh diced canned (or in juice)
- 1 pound roasted pork tenderloin leftover sliced

4 servings salt and pepper black freshly ground

Equipment

bowl

frying pan

Directions

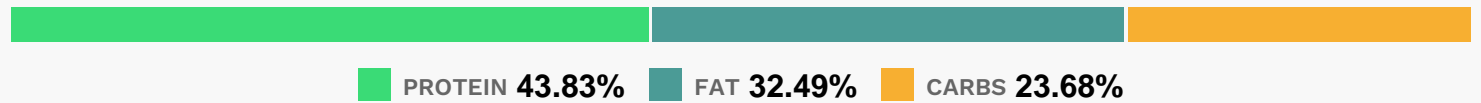
In a medium bowl, combine the pineapple, kiwi, cilantro, jalapeno, and lime juice and toss to combine. Season, to taste, with salt and pepper and set aside.

Heat the oil in a large skillet over medium heat. Season both sides of the pork slices with salt and pepper. Rub the chili powder into both sides of the pork.

Add the pork to the hot pan and sear 2 minutes per side, until golden brown.

Serve the pork with the salsa spooned over the top.

Nutrition Facts



Properties

Glycemic Index:51.83, Glycemic Load:5.45, Inflammation Score:-7, Nutrition Score:23.059999859851%

Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 221.2kcal (11.06%), Fat: 8.05g (12.39%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 10.46g (3.8%), Sugar: 8.4g (9.33%), Cholesterol: 73.71mg (24.57%), Sodium: 94.75mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.88%), Vitamin B1: 1.17mg (77.71%), Vitamin C: 58.12mg (70.44%), Vitamin B6: 1mg (49.96%), Selenium: 34.92µg (49.89%), Vitamin B3: 8.15mg (40.76%), Phosphorus: 301.59mg (30.16%), Vitamin B2: 0.43mg (25.22%), Manganese: 0.49mg (24.67%), Vitamin K: 23.8µg (22.66%),

Potassium: 632.71mg (18.08%), Zinc: 2.33mg (15.52%), Vitamin E: 2.24mg (14.93%), Vitamin A: 711.34IU (14.23%), Magnesium: 46.68mg (11.67%), Vitamin B5: 1.15mg (11.54%), Copper: 0.23mg (11.5%), Fiber: 2.74g (10.98%), Vitamin B12: 0.59µg (9.83%), Iron: 1.72mg (9.54%), Folate: 20.95µg (5.24%), Calcium: 35.81mg (3.58%), Vitamin D: 0.34µg (2.27%)