



Pork Tenderloin and Grilled Vegetable Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 oz baby arugula trimmed
- ☐ 1 cup wine dry red
- ☐ 1 garlic clove smashed
- ☐ 1 tablespoon honey
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 1 medium onion cut lengthwise into 6 wedges, leaving root ends intact
- ☐ 1.5 lb pork tenderloin
- ☐ 2 medium bell pepper red quartered

- ☐ 0.3 teaspoon pepper dried red hot
- ☐ 0.3 cup red-wine vinegar
- ☐ 0.3 teaspoon rosemary leaves fresh finely chopped (2-inch)
- ☐ 3 medium zucchini trimmed cut lengthwise into 1/4-inch-thick slices (1 lb total)

Equipment

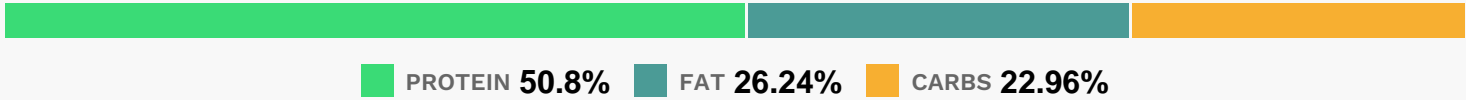
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ measuring cup
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Trim off tail ends of tenderloins to form 2 (8-ounce) pieces, reserving trimmings for another use.
- ☐ Boil wine, rosemary sprig, garlic, and red pepper flakes in a small heavy saucepan until reduced to about 1/2 cup, 7 to 8 minutes.
- ☐ Pour through a fine sieve into a measuring cup, then transfer rosemary sprig, garlic, and red pepper flakes to a sealable plastic bag along with 1/4 cup wine marinade and tenderloins. Marinate, chilled, turning bag occasionally, at least 2 hours or overnight.
- ☐ Return remaining 1/4cup wine marinade to saucepan and add vinegar, honey, and chopped rosemary, then boil dressing until reduced to about 1/4 cup, 6 to 8 minutes.
- ☐ Prepare grill for cooking.

- ☐ When fire is medium-hot (you can hold your hand 5 inches above rack for 3 to 4 seconds), put bell peppers, zucchini, and onion on a lightly oiled grill rack and place over fire. Grill zucchini and onion, turning, until tender, 8 to 10 minutes, then transfer to a cutting board. Grill peppers until skins are blackened and flesh begins to soften, about 8 minutes, then transfer to a bowl, cover, and let steam 10 minutes.
- ☐ While peppers are steaming, pat pork dry and season with salt and pepper. Grill on lightly oiled grill rack over medium-hot fire, turning frequently, until an instant-read thermometer inserted diagonally 2 inches into meat registers 155°F, about 20 minutes.
- ☐ Transfer to a cutting board, then tent loosely with foil and let stand 10 minutes before slicing.
- ☐ Peel peppers and cut into 1-inch pieces.
- ☐ Transfer to a large bowl.
- ☐ Cut zucchini and onion into 1-inch pieces and add to peppers. Toss vegetables with 2 tablespoons rosemary dressing, 1 teaspoon oil, and salt and pepper to taste.
- ☐ Toss arugula with remaining teaspoon oil. Mound grilled vegetables on 4 plates and top with sliced pork.
- ☐ Add any juices from cutting board to remaining 2 tablespoons dressing and drizzle over pork. Top with arugula.
- ☐ • If your grill rack is widely spaced, you may want to use a grill basket for the vegetables. • Vegetables and pork can be cooked in a lightly oiled well-seasoned ridged grill pan (wrap nonmetal handles in foil). Grill vegetables in same manner as above. Grill pork, turning frequently, until well browned, about 10 minutes, then put pan into a preheated 400°F oven and roast to 155°F, about 10 minutes.
- ☐ Each serving about 278 calories and 9 grams fat
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:47.07, Glycemic Load:4.15, Inflammation Score:-10, Nutrition Score:35.158695511196%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 345.1kcal (17.26%), Fat: 8.75g (13.46%), Saturated Fat: 2.46g (15.41%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 13.85g (5.04%), Sugar: 11.81g (13.12%), Cholesterol: 110.56mg (36.85%), Sodium: 109.23mg (4.75%), Alcohol: 6.3g (100%), Alcohol %: 1.62% (100%), Protein: 38.11g (76.21%), Vitamin C: 105.91mg (128.37%), Vitamin B1: 1.79mg (119.08%), Vitamin B6: 1.77mg (88.27%), Selenium: 52.23µg (74.61%), Vitamin B3: 12.57mg (62.84%), Phosphorus: 499.26mg (49.93%), Vitamin A: 2366.39IU (47.33%), Vitamin B2: 0.78mg (45.85%), Potassium: 1258.06mg (35.94%), Zinc: 3.91mg (26.07%), Manganese: 0.43mg (21.73%), Magnesium: 86.69mg (21.67%), Vitamin B5: 1.99mg (19.86%), Folate: 74.92µg (18.73%), Vitamin K: 18.42µg (17.54%), Iron: 2.75mg (15.26%), Vitamin B12: 0.88µg (14.74%), Fiber: 3.37g (13.48%), Copper: 0.26mg (13.12%), Vitamin E: 1.86mg (12.42%), Calcium: 58.58mg (5.86%), Vitamin D: 0.51µg (3.4%)