



Pork Tenderloin Churrasco



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings aji amarillo-pineapple salsa
- ☐ 1 teaspoon rosemary leaves fresh packed minced ()
- ☐ 2 tablespoons thyme sprigs fresh
- ☐ 4 garlic clove minced
- ☐ 0.3 teaspoon pepper black
- ☐ 2 pound pork tenderloins trimmed of fat
- ☐ 2 tablespoons paprika smoked spanish hot (Pimentón de la Vera)
- ☐ 1 teaspoon salt

☐ 1 cup vegetable oil

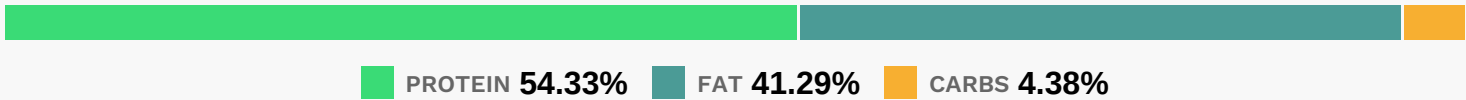
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Combine oil and paprika in heavy small saucepan. Cook over medium heat 5 minutes to infuse oil, whisking occasionally. Cool to room temperature.
- ☐ Pour oil mixture into blender.
- ☐ Add garlic, thyme leaves, rosemary, salt, and pepper; blend marinade until herbs are finely chopped.
- ☐ Cut each pork tenderloin lengthwise into 4 strips.
- ☐ Place each strip between sheets of waxed paper and pound to 1/3-inch thickness. Arrange pork strips in 13x9x2-inch glass baking dish.
- ☐ Pour marinade over and turn to coat pork evenly. Cover and chill at least 2 hours and up to 6 hours.
- ☐ Prepare barbecue (medium-high heat). Scrape off most of marinade from pork strips. Grill pork until just cooked through, about 2 minutes per side.
- ☐ Arrange 2 pork strips on each of 4 plates. Spoon pineapple salsa atop pork.
- ☐ *Available from Tienda.com (888-472-1022; tienda.com).

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:32.32347814674%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 362.19kcal (18.11%), Fat: 16.36g (25.16%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.45g (0.5%), Cholesterol: 147.42mg (49.14%), Sodium: 704.9mg (30.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.43g (96.85%), Vitamin B1: 2.28mg (152.23%), Selenium: 70.51µg (100.73%), Vitamin B6: 1.89mg (94.6%), Vitamin B3: 15.61mg (78.05%), Phosphorus: 580.12mg (58.01%), Vitamin B2: 0.84mg (49.39%), Vitamin A: 1901.38IU (38.03%), Zinc: 4.54mg (30.28%), Potassium: 1023.23mg (29.24%), Vitamin K: 23.25µg (22.14%), Vitamin B5: 2.04mg (20.43%), Iron: 3.66mg (20.31%), Vitamin B12: 1.16µg (19.28%), Magnesium: 74.3mg (18.57%), Vitamin E: 2.42mg (16.13%), Copper: 0.26mg (13.05%), Manganese: 0.22mg (10.98%), Vitamin C: 8.01mg (9.71%), Fiber: 1.82g (7.3%), Calcium: 40.09mg (4.01%), Vitamin D: 0.45µg (3.02%)