



Pork Tenderloin Salad and Grilled Nectarines



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



369 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons tarragon fresh minced
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 pound pork tenderloin trimmed
- ☐ 2 tablespoons maple syrup divided
- ☐ 2 large nectarines pitted halved

- ☐ 5 tablespoons olive oil
- ☐ 0.5 cup onion red thinly sliced
- ☐ 6 cups gourmet salad greens

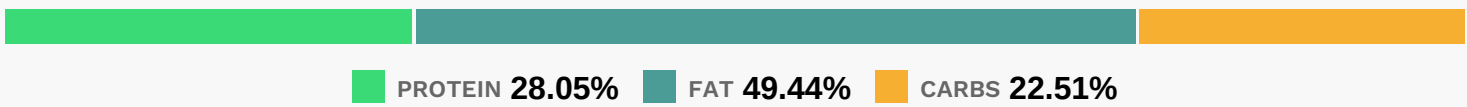
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine first 4 ingredients in a small bowl. Divide mixture in half.
- ☐ Combine half of balsamic mixture with 1 tablespoon maple syrup. Reserve 2 tablespoons maple syrup mixture.
- ☐ Brush remaining maple syrup mixture evenly over pork; sprinkle pork with salt and pepper.
- ☐ Place pork on a grill rack coated with cooking spray; grill 16 minutes or until desired degree of doneness, turning occasionally and brushing with reserved maple syrup mixture.
- ☐ Remove pork from grill, and let stand 10 minutes before slicing.
- ☐ Coat cut sides of nectarines with cooking spray; brush with remaining 1 tablespoon maple syrup.
- ☐ Place, cut sides down, on grill rack; grill 5 minutes or until well marked and tender.
- ☐ Remove from grill; slice into 1/2-inch wedges.
- ☐ Combine remaining half of balsamic mixture, greens, and onion in a large bowl, tossing to coat. Divide mixture among 4 plates; top with pork and nectarines.

Nutrition Facts



Properties

Glycemic Index:72.13, Glycemic Load:6.92, Inflammation Score:-7, Nutrition Score:22.459565193757%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 369.38kcal (18.47%), Fat: 20.33g (31.27%), Saturated Fat: 3.24g (20.27%), Carbohydrates: 20.82g (6.94%), Net Carbohydrates: 19.17g (6.97%), Sugar: 14.8g (16.45%), Cholesterol: 73.71mg (24.57%), Sodium: 382.24mg (16.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.95g (51.9%), Vitamin B1: 1.2mg (79.85%), Vitamin B6: 1.02mg (50.78%), Selenium: 35.53µg (50.76%), Vitamin B3: 8.92mg (44.58%), Vitamin B2: 0.59mg (34.5%), Phosphorus: 337.48mg (33.75%), Manganese: 0.54mg (27.01%), Vitamin C: 18.63mg (22.58%), Potassium: 761.09mg (21.75%), Vitamin E: 3.25mg (21.68%), Vitamin A: 983.78IU (19.68%), Zinc: 2.61mg (17.37%), Magnesium: 53.84mg (13.46%), Iron: 2.32mg (12.91%), Vitamin B5: 1.21mg (12.11%), Vitamin K: 12.41µg (11.81%), Copper: 0.22mg (11%), Vitamin B12: 0.58µg (9.64%), Folate: 33.49µg (8.37%), Fiber: 1.65g (6.59%), Calcium: 48.78mg (4.88%), Vitamin D: 0.23µg (1.51%)