



HEALTH SCORE

65%

Pork Tenderloin with Chipotle-Maple Mop



Gluten Free



Dairy Free



Very Healthy

READY IN



23 min.

SERVINGS



4

CALORIES



1189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon garlic powder
- ☐ 2 teaspoons ground coriander
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 teaspoons chipotle chile hot sauce
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 servings kosher salt
- ☐ 0.3 cup maple syrup pure

- ☐ 2 pork tenderloins skinless
- ☐ 2 tablespoons sherry vinegar
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ kitchen thermometer
- ☐ broiler

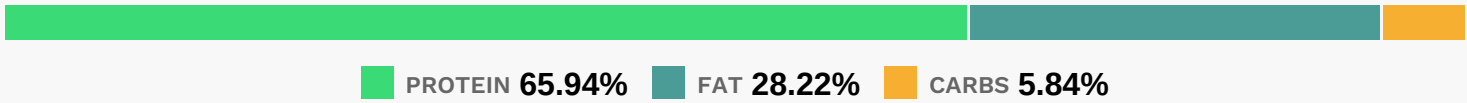
Directions

- ☐ Position a rack closest to the broiler and preheat to high.
- ☐ Combine the coriander, garlic powder, and ginger.
- ☐ Brush the tenderloins with the oil and rub all over with spices. Season with salt and pepper, to taste.
- ☐ Lay the pork on a small shallow pan and broil until golden, turning once, about 5 minutes per side. (An instant-read thermometer should register 130 degrees F when inserted into the thickest part of the meat.)
- ☐ Whisk the syrup, vinegar, hot sauce, and salt together in a small bowl. Set about half the sauce aside. Generously brush the tenderloins all over with the remaining sauce. Return to the broiler and cook, turning once, until a deep rich brown, about 2 to 3 minutes. Set meat aside for 5 minutes to rest before slicing.
- ☐ Serve with reserved sauce for drizzling over the meat.
- ☐ Lay the tenderloin on your work surface and slip a sharp knife under the surface of the silver skin. Keeping your knife flat against the meat, make your first cut by slicing away from you and toward the end of the tenderloin.
- ☐ Lift the unattached portion of the silver skin up and place your knife at the point where the skin meets the tenderloin. Slice to separate.

☐

Continue moving down the length of the tenderloin, pulling and slicing until the silver skin is completely removed.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:4.99, Inflammation Score:-7, Nutrition Score:52.159999849032%

Nutrients (% of daily need)

Calories: 1188.88kcal (59.44%), Fat: 35.72g (54.95%), Saturated Fat: 11.29g (70.53%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 15.39g (5.6%), Sugar: 13.11g (14.56%), Cholesterol: 589.55mg (196.52%), Sodium: 961.53mg (41.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 187.83g (375.65%), Vitamin B1: 8.93mg (595.06%), Selenium: 275.41µg (393.44%), Vitamin B6: 6.95mg (347.64%), Vitamin B3: 60.02mg (300.11%), Phosphorus: 2212.38mg (221.24%), Vitamin B2: 3.32mg (195.1%), Zinc: 17.18mg (114.57%), Potassium: 3639.06mg (103.97%), Vitamin B12: 4.72µg (78.61%), Vitamin B5: 7.6mg (76%), Magnesium: 254.01mg (63.5%), Iron: 9.12mg (50.69%), Copper: 0.82mg (41.23%), Manganese: 0.72mg (35.85%), Vitamin D: 2.72µg (18.14%), Vitamin E: 2.28mg (15.2%), Calcium: 85.52mg (8.55%), Vitamin K: 6.42µg (6.12%), Fiber: 1.25g (5%)