



Pork tenderloin with chipotle sauce & pickled red onions



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



1188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 onions red thinly sliced
- ☐ 2 juice of lime
- ☐ 2 tsp oregano dried
- ☐ 8 fat garlic cloves unpeeled
- ☐ 6 medium plum tomatoes halved
- ☐ 2 tbsp chipotle paste (we used Discovery, available from Waitrose)
- ☐ 2 tbsp chilli powder

- ☐ 3 tbsp brown sugar soft
- ☐ 2 pork tenderloins
- ☐ 1 sprigs coriander and warm tortillas soft (flour or corn)

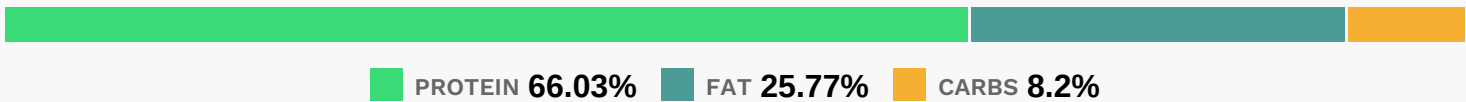
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ baking pan
- ☐ grill

Directions

- ☐ Place the thinly sliced onion in a bowl with juice 1 lime, half the oregano and a pinch each of salt and pepper. Set aside.
- ☐ Dry-fry the whole garlic in a non-stick pan until blackened on both sides, about 8 mins, then peel.
- ☐ Heat the grill. Arrange the thickly sliced onion on a baking tray with the tomatoes, cut-side up. Season and grill until blackened, about 8 mins. Tip into a bowl with the garlic, chipotle paste, 1 tsp chilli powder, 1 tbsp sugar and remaining lime juice. Season and whizz in a blender until smooth. Gently heat through in a pan.
- ☐ Rub the pork with the remaining chilli powder, oregano, sugar and seasoning. Grill for 5 mins each side until cooked.
- ☐ Serve sliced in warm tortillas with some sauce, the pickled onions and coriander.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:2.69, Inflammation Score:-10, Nutrition Score:57.581739052482%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg, Quercetin: 11.89mg

Nutrients (% of daily need)

Calories: 1188.46kcal (59.42%), Fat: 32.93g (50.66%), Saturated Fat: 10.89g (68.04%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 19.54g (7.11%), Sugar: 14.16g (15.73%), Cholesterol: 589.55mg (196.52%), Sodium: 550.07mg (23.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 189.81g (379.63%), Vitamin B1: 9mg (599.67%), Selenium: 276.98µg (395.69%), Vitamin B6: 7.26mg (362.8%), Vitamin B3: 61.16mg (305.79%), Phosphorus: 2267.77mg (226.78%), Vitamin B2: 3.14mg (184.77%), Zinc: 17.49mg (116.63%), Potassium: 4008.45mg (114.53%), Vitamin B12: 4.72µg (78.61%), Vitamin B5: 7.85mg (78.52%), Magnesium: 272.58mg (68.14%), Iron: 10.38mg (57.65%), Copper: 0.96mg (47.79%), Vitamin A: 2003.28IU (40.07%), Vitamin E: 4.24mg (28.24%), Vitamin C: 23.23mg (28.16%), Manganese: 0.53mg (26.34%), Vitamin D: 2.72µg (18.14%), Vitamin K: 17.6µg (16.76%), Fiber: 4.02g (16.08%), Calcium: 124.74mg (12.47%), Folate: 29.66µg (7.41%)