



Pork Tenderloin with Date and Cilantro Relish



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cilantro plus leaves fresh chopped for serving
- ☐ 4 servings kosher salt freshly ground
- ☐ 4 ounces medjool dates cut into small pieces
- ☐ 3 tablespoons olive oil divided
- ☐ 2 tablespoons orange juice fresh
- ☐ 1.5 pounds pork tenderloin

Equipment

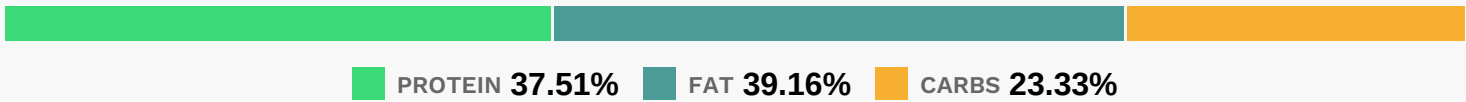
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425°F.
- ☐ Heat 1 tablespoon oil in alarge ovenproof skillet over medium-highheat. Season pork with salt and pepper andcook, turning, until browned on all sides,6–8 minutes.
- ☐ Transfer skillet to oven andcook pork until an instant-read thermometerinserted in thickest part registers 140°F,10–15 minutes.
- ☐ Transfer pork to a cuttingboard and let rest at least 5 minutes before slicing; set aside pan drippings.
- ☐ Toss dates, orange juice, reserved pandrippings, 3 tablespoons chopped cilantro, andremaining 2 tablespoons oil in a small bowl; seasonwith salt and pepper. Spoon relish overpork and top with cilantro leaves.
- ☐ DO AHEAD: Relish (without pan drippings)can be made 4 hours ahead. Cover and chill.
- ☐ Add pan drippings just before serving.
- ☐ Per serving: 360 calories, 14 g fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:23.796087052511%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 379.61kcal (18.98%), Fat: 16.57g (25.49%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 20.26g (7.37%), Sugar: 19.56g (21.73%), Cholesterol: 110.56mg (36.85%), Sodium: 89.19mg (3.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.71g (71.43%), Vitamin B1: 1.69mg (112.83%), Selenium: 51.56µg (73.65%), Vitamin B6: 1.38mg (68.8%), Vitamin B3: 11.74mg (58.69%), Phosphorus: 432.66mg (43.27%), Vitamin B2: 0.59mg (34.91%), Potassium: 885.79mg (25.31%), Zinc: 3.31mg (22.08%), Vitamin B5: 1.67mg (16.71%), Magnesium: 62.42mg (15.6%), Vitamin B12: 0.88µg (14.74%), Copper: 0.26mg (12.99%), Vitamin E: 1.9mg (12.65%), Iron: 2mg (11.09%), Vitamin K: 8.19µg (7.8%), Fiber: 1.95g (7.8%), Manganese: 0.12mg (6.15%), Vitamin C: 4.33mg (5.25%), Vitamin D: 0.51µg (3.4%), Calcium: 30.03mg (3%), Folate: 7.01µg (1.75%), Vitamin A: 83.43IU (1.67%)