



 **80%**
HEALTH SCORE

Pork Tenderloin with Eggplant Relish

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



35 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium japanese eggplants (14 ounces total)
- 2 tablespoons parsley fresh chopped
- 6 cloves garlic unpeeled
- 1 teaspoon ground cumin
- 1 small jalapeno halved for less heat (remove seeds)
- 4 servings kosher salt and pepper freshly ground
- 2 pork tenderloins trimmed cut into 4 pieces
- 2 tablespoons juice of lemon fresh

- 1 tablespoon olive oil extra-virgin
- 0.5 teaspoon paprika plus more for garnish
- 3 mild frying peppers such as hungarian or banana, halved and seeded
- 1 bunch scallions

Equipment

- bowl
- frying pan
- kitchen thermometer
- aluminum foil
- broiler
- broiler pan

Directions

- Preheat the broiler and line a broiler pan with foil. Broil the frying peppers, jalapeno, eggplants, scallions and garlic on the foil until charred, about 3 minutes per side. Cover with a damp towel to cool, then peel the peppers and eggplants. Squeeze the garlic from its skin. Roughly chop the vegetables and garlic and toss in a bowl.
- Season the pork with the cumin and salt and pepper.
- Heat the olive oil in a skillet over medium-high heat.
- Add the pork; cook, turning, until golden, about 6 minutes. Reduce the heat to medium and cook, turning, until a thermometer inserted into the center registers 150 degrees F, about 8 more minutes. Set the pork aside.
- Add the lemon juice to the skillet, then add the eggplant mixture and paprika; warm through. Season with salt and pepper and add the parsley. Slice the pork; serve with the eggplant relish and garnish with paprika.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:2.83, Inflammation Score:-9, Nutrition Score:44.822608605675%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 4.28mg, Luteolin: 4.28mg, Luteolin: 4.28mg, Luteolin: 4.28mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 395.31kcal (19.77%), Fat: 9.76g (15.01%), Saturated Fat: 2.4g (15%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 11.8g (4.29%), Sugar: 10.8g (12%), Cholesterol: 163.8mg (54.6%), Sodium: 338.71mg (14.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.44g (112.89%), Vitamin B1: 2.68mg (178.42%), Vitamin B6: 2.44mg (121.86%), Selenium: 79.04µg (112.92%), Vitamin C: 89.08mg (107.98%), Vitamin B3: 18.95mg (94.74%), Phosphorus: 710.3mg (71.03%), Vitamin K: 62.9µg (59.9%), Vitamin B2: 0.99mg (58.33%), Potassium: 1762.88mg (50.37%), Manganese: 0.79mg (39.57%), Zinc: 5.39mg (35.91%), Fiber: 8.96g (35.86%), Vitamin B5: 2.93mg (29.3%), Magnesium: 115.61mg (28.9%), Copper: 0.5mg (25.08%), Iron: 4.01mg (22.28%), Vitamin B12: 1.29µg (21.42%), Folate: 68.94µg (17.23%), Vitamin E: 2.35mg (15.69%), Vitamin A: 779.27IU (15.59%), Calcium: 63.61mg (6.36%), Vitamin D: 0.5µg (3.36%)