



Pork Tenderloin with Fresh Mango Salsa

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons ginger fresh grated peeled
- 3 tablespoons green onions diagonally sliced
- 0.3 teaspoon ground cardamom
- 0.5 teaspoon ground coriander
- 2 pound pork tenderloins trimmed
- 1.5 cups mangos diced peeled (2 large)
- 1 tablespoon olive oil

- 3 tablespoons orange juice fresh
- 1 teaspoon orange rind grated
- 1 teaspoon salt

Equipment

- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Cut each tenderloin crosswise into 8 pieces.
- Place plastic wrap over pork; pound to an even thickness using a meat mallet or rolling pin.
- Sprinkle evenly with salt and pepper.
- Combine mango and next 6 ingredients (mango through cardamom).
- Heat oil in a large nonstick skillet over medium-high heat.
- Add half of pork; cook 3 minutes on each side or until done.
- Remove from pan; repeat procedure with remaining pork.
- Serve with mango salsa.

Nutrition Facts

 **PROTEIN 60.65%**  **FAT 24.75%**  **CARBS 14.6%**

Properties

Glycemic Index:23.47, Glycemic Load:2.55, Inflammation Score:-5, Nutrition Score:16.947825965674%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg,

Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 162.75kcal (8.14%), Fat: 4.38g (6.74%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 5.11g (1.86%), Sugar: 4.84g (5.37%), Cholesterol: 73.71mg (24.57%), Sodium: 351.71mg (15.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.14g (48.29%), Vitamin B1: 1.15mg (76.56%), Selenium: 35.18µg (50.25%), Vitamin B6: 0.92mg (46.18%), Vitamin B3: 7.83mg (39.17%), Phosphorus: 287.38mg (28.74%), Vitamin B2: 0.4mg (23.79%), Vitamin C: 15.28mg (18.52%), Potassium: 530.02mg (15.14%), Zinc: 2.2mg (14.65%), Vitamin B5: 1.04mg (10.38%), Vitamin B12: 0.58µg (9.64%), Magnesium: 35.91mg (8.98%), Vitamin A: 371.66IU (7.43%), Copper: 0.15mg (7.29%), Iron: 1.27mg (7.03%), Vitamin K: 7.22µg (6.88%), Vitamin E: 0.8mg (5.32%), Folate: 16.81µg (4.2%), Manganese: 0.08mg (3.94%), Fiber: 0.7g (2.82%), Vitamin D: 0.23µg (1.51%), Calcium: 13.75mg (1.38%)