



Pork Tenderloin with Guava Barbeque Sauce



Gluten Free



Dairy Free

READY IN



550 min.

SERVINGS



8

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 2 tablespoons dijon mustard
- ☐ 2 garlic cloves minced
- ☐ 6 garlic cloves peeled
- ☐ 12 ounces guava paste cut into small cubes
- ☐ 1 haas avocados cut into small pieces
- ☐ 4 tablespoons honey
- ☐ 1 teaspoon kosher salt

- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 0.5 cup orange juice freshly squeezed
- ☐ 2 cups papaya cubed
- ☐ 3 pounds pork tenderloins
- ☐ 0.3 cup red wine
- ☐ 0.5 bottle red wine
- ☐ 1 pinch salt
- ☐ 2 tablespoons scallions diagonally sliced
- ☐ 1 pinch sugar
- ☐ 8 servings vegetable oil for grilling

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ wooden spoon
- ☐ grill

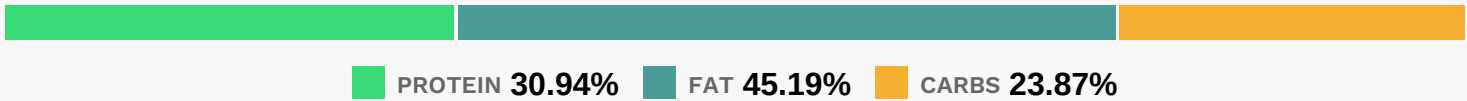
Directions

- ☐ Marinate the pork overnight in the wine, balsamic vinegar, and garlic.
- ☐ Preheat the grill on high. When hot, brush the pork tenderloins with olive oil and sear each side for about a minute. Lower the heat to medium and cook, covered, for 8 to 10 minutes per side, brushing generously with the guava barbeque sauce at least twice.
- ☐ Remove the pork tenderloins from the heat, glaze with another thick coat of the barbeque sauce, and let rest on a plate for at least 5 minutes. Then slice the tenderloins into 1-inch medallions. The pork should be served warm with a side of papaya salsa.
- ☐ In a small saucepan, combine all the sauce ingredients. Simmer over low heat, stirring occasionally with a wooden spoon until the guava paste dissolves and the ingredients combine to form a thick, syrupy sauce, 15 to 20 minutes. Cool to room temperature. If not using immediately, refrigerate.

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Combine all the ingredients together in a medium bowl. Toss, cover, and refrigerate until ready to serve. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:67.76, Glycemic Load:11.82, Inflammation Score:-8, Nutrition Score:33.680869351263%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Petunidin: 1.08mg, Petunidin: 1.08mg, Petunidin: 1.08mg, Petunidin: 1.08mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 7.53mg, Malvidin: 7.53mg, Malvidin: 7.53mg, Malvidin: 7.53mg Peonidin: 0.68mg, Peonidin: 0.68mg, Peonidin: 0.68mg, Peonidin: 0.68mg Catechin: 3.88mg, Catechin: 3.88mg, Catechin: 3.88mg, Catechin: 3.88mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 3.98mg, Hesperetin: 3.98mg, Hesperetin: 3.98mg, Hesperetin: 3.98mg Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 522.47kcal (26.12%), Fat: 24.39g (37.53%), Saturated Fat: 4.84g (30.27%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 24.05g (8.74%), Sugar: 19.9g (22.11%), Cholesterol: 110.56mg (36.85%), Sodium: 438.03mg (19.04%), Alcohol: 5.76g (100%), Alcohol %: 1.79% (100%), Protein: 37.57g (75.14%), Vitamin C: 135.04mg (163.68%), Vitamin B1: 1.76mg (117.2%), Selenium: 54.04µg (77.2%), Vitamin B6: 1.51mg (75.63%), Vitamin B3: 12.53mg (62.64%), Phosphorus: 476.36mg (47.64%), Vitamin B2: 0.67mg (39.24%), Vitamin K: 36.53µg (34.79%), Potassium: 1193.29mg (34.09%), Zinc: 3.66mg (24.42%), Vitamin B5: 2.13mg (21.34%), Magnesium: 84.19mg (21.05%), Fiber: 4.94g (19.77%), Copper: 0.35mg (17.49%), Vitamin E: 2.51mg (16.75%), Folate: 63.14µg (15.78%), Manganese: 0.31mg (15.59%), Vitamin B12: 0.88µg (14.74%), Iron: 2.58mg (14.32%), Vitamin A: 692.15IU (13.84%), Calcium: 49.44mg (4.94%), Vitamin D: 0.51µg (3.4%)