



## Pork Tenderloin with Mango Salsa

 Gluten Free  Dairy Free

READY IN



38 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 pound pork tenderloins trimmed
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1 mangos ripe peeled chopped
- ☐ 0.3 cup mint leaves
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion red chopped

- ☐ 0.5 teaspoon salt divided
- ☐ 1 serrano chiles seeded finely chopped
- ☐ 2 teaspoons sugar

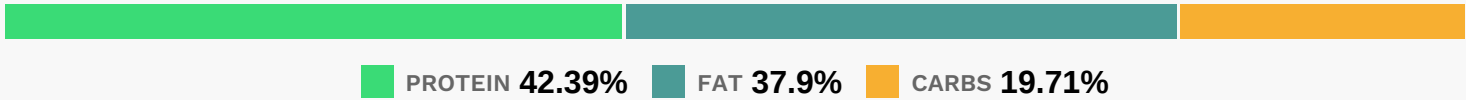
## Equipment

- ☐ frying pan
- ☐ kitchen thermometer

## Directions

- ☐ Heat a skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle pork with 1/4 teaspoon salt and black pepper.
- ☐ Add pork to pan; cook 16 minutes or until a thermometer registers 145, turning to brown on all sides.
- ☐ Remove pork; let stand for 10 minutes.
- ☐ Combine red onion and the next 6 ingredients (through serrano pepper); toss.
- ☐ Sprinkle mixture with remaining 1/4 teaspoon salt and mint; toss. Slice pork crosswise; serve with mango salsa.

## Nutrition Facts



## Properties

Glycemic Index:55.21, Glycemic Load:5.22, Inflammation Score:-6, Nutrition Score:18.646521703057%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 231.9kcal (11.6%), Fat: 9.71g (14.94%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 10.03g (3.65%), Sugar: 9.59g (10.66%), Cholesterol: 73.71mg (24.57%), Sodium: 353.11mg (15.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.88%), Vitamin B1: 1.15mg (76.95%), Selenium: 35.32µg (50.45%), Vitamin B6: 0.97mg (48.33%), Vitamin B3: 8.01mg (40.05%), Phosphorus: 293.42mg (29.34%), Vitamin C: 21.47mg (26.02%), Vitamin B2: 0.42mg (24.69%), Potassium: 579.55mg (16.56%), Zinc: 2.25mg (14.98%), Vitamin A: 694.47IU (13.89%), Vitamin E: 1.74mg (11.58%), Vitamin B5: 1.09mg (10.89%), Magnesium: 39.82mg (9.95%), Vitamin B12: 0.58µg (9.64%), Copper: 0.18mg (8.86%), Iron: 1.44mg (7.97%), Folate: 27.76µg (6.94%), Vitamin K: 6.81µg (6.48%), Manganese: 0.12mg (6.23%), Fiber: 1.34g (5.35%), Calcium: 22.08mg (2.21%), Vitamin D: 0.23µg (1.51%)