



## Pork Tenderloin with Pumpkin-Seed Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon chipotle chile powder
- ☐ 4 chipotle chiles in adobo sauce canned chopped
- ☐ 1 tablespoon pumpkin-seed oil
- ☐ 1 clove garlic minced
- ☐ 1 cup heavy whipping cream
- ☐ 1 tablespoon brown sugar light
- ☐ 0.3 cup orange juice
- ☐ 2 lbs pork tenderloin

- ☐ 0.8 cup pumpkin seeds hulled
- ☐ 0.5 teaspoon salt

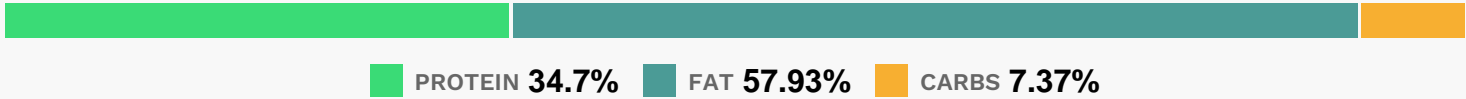
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer

## Directions

- ☐ In a small bowl, combine chiles, sauce, orange juice, and sugar. Put pork in a baking dish and add marinade, turning pork to coat. Cover and refrigerate at least 2 hours and up to overnight.
- ☐ Preheat oven to 37
- ☐ Toast pumpkin seeds on a baking sheet until they have popped and are just starting to brown, 7 to 11 minutes.
- ☐ Let cool. In a food processor, whirl 1/2 cup of seeds into a paste.
- ☐ Heat grill to medium-high. Grill pork, turning once, until an instant-read thermometer inserted into center reads 160, about 10 minutes per side.
- ☐ Let rest 10 to 15 minutes. Reserve juices.
- ☐ Meanwhile, in a medium pan over medium heat, combine pumpkin seed paste, cream, garlic, chile powder, and salt. Cook, whisking until thickened, 3 to 5 minutes. Stir in reserved pork juices.
- ☐ Slice pork into 1/2-in. medallions.
- ☐ Drizzle with sauce and pumpkin-seed oil and garnish with remaining 1/4 cup toasted pumpkin seeds.

# Nutrition Facts



## Properties

Glycemic Index:15.33, Glycemic Load:0.63, Inflammation Score:-6, Nutrition Score:24.126521898353%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 404.75kcal (20.24%), Fat: 25.94g (39.91%), Saturated Fat: 12.11g (75.68%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 5.68g (2.07%), Sugar: 5.09g (5.66%), Cholesterol: 143.1mg (47.7%), Sodium: 285.24mg (12.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.96g (69.91%), Vitamin B1: 1.52mg (101.66%), Selenium: 47.86µg (68.37%), Vitamin B6: 1.19mg (59.66%), Vitamin B3: 10.47mg (52.33%), Phosphorus: 491.66mg (49.17%), Vitamin B2: 0.6mg (35.29%), Zinc: 3.56mg (23.73%), Magnesium: 92.41mg (23.1%), Potassium: 721.98mg (20.63%), Manganese: 0.4mg (19.83%), Vitamin B5: 1.45mg (14.52%), Vitamin B12: 0.85µg (14.16%), Iron: 2.5mg (13.87%), Copper: 0.25mg (12.68%), Vitamin A: 608.62IU (12.17%), Vitamin D: 1.09µg (7.26%), Fiber: 1.75g (6.98%), Vitamin C: 5.71mg (6.92%), Vitamin E: 0.88mg (5.84%), Calcium: 42.75mg (4.28%), Folate: 9.36µg (2.34%), Vitamin K: 1.87µg (1.78%)