



Pork Tenderloin with Spicy Guava Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



151 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 1 tablespoon cider vinegar
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons garlic powder
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 2 teaspoons ground coriander
- ☐ 0.5 teaspoon ground ginger
- ☐ 6 ounces commercial guava paste

- ☐ 1 jalapeno minced
- ☐ 3 pound pork tenderloins trimmed
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 cup orange juice
- ☐ 1 tablespoon paprika
- ☐ 2 teaspoons salt
- ☐ 0.3 cup water

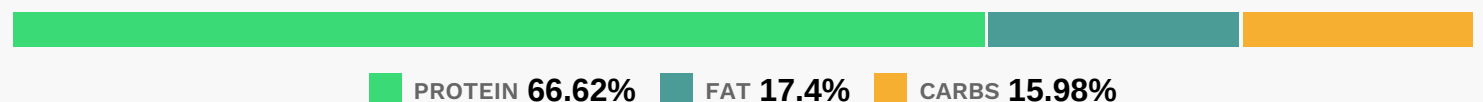
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill.
- ☐ Combine first 6 ingredients in a small bowl.
- ☐ Sprinkle pork with 2 teaspoons salt, and rub pork with the garlic powder mixture.
- ☐ Combine onion and remaining ingredients except cooking spray in a small saucepan over medium heat; bring to a boil. Cook 4 minutes or until guava paste dissolves, stirring constantly. Reduce heat, and simmer 4 minutes or until thickened, stirring occasionally.
- ☐ Remove from heat.
- ☐ Place pork on grill rack coated with cooking spray; grill 20 minutes or until a thermometer registers 160 (slightly pink), turning pork occasionally.
- ☐ Brush guava mixture over pork.
- ☐ Let stand 10 minutes before slicing into 1/2-inch-thick slices.

Nutrition Facts



Properties

Glycemic Index:22.58, Glycemic Load:1.63, Inflammation Score:-6, Nutrition Score:19.162608789361%

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 Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 151.42kcal (7.57%), Fat: 2.87g (4.42%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 5.94g (1.98%), Net Carbohydrates: 4.22g (1.53%), Sugar: 2.62g (2.91%), Cholesterol: 73.71mg (24.57%), Sodium: 461.13mg (20.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.51%), Vitamin B1: 1.17mg (77.69%), Selenium: 35.76µg (51.09%), Vitamin B6: 0.97mg (48.46%), Vitamin C: 39.62mg (48.02%), Vitamin B3: 7.96mg (39.82%), Phosphorus: 301.56mg (30.16%), Vitamin B2: 0.42mg (24.48%), Potassium: 595.93mg (17.03%), Zinc: 2.32mg (15.44%), Vitamin A: 607.25IU (12.14%), Vitamin B5: 1.09mg (10.89%), Magnesium: 40.39mg (10.1%), Vitamin B12: 0.58µg (9.64%), Iron: 1.6mg (8.86%), Copper: 0.17mg (8.36%), Manganese: 0.15mg (7.58%), Fiber: 1.72g (6.86%), Vitamin E: 0.84mg (5.58%), Folate: 12.76µg (3.19%), Calcium: 20.76mg (2.08%), Vitamin K: 1.85µg (1.76%), Vitamin D: 0.23µg (1.51%)