



Pork Tenderloin with Xec (Mayan Citrus Salsa)

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons cilantro leaves fresh chopped
- 1 cup grapefruit coarsely chopped
- 1.5 teaspoons scotch bonnet peppers minced seeded
- 1 pound pork tenderloins trimmed
- 0.3 cup optional: lemon coarsely chopped
- 1 cup orange sections coarsely chopped
- 0.1 teaspoon salt

0.3 teaspoon salt

Equipment

kitchen thermometer

broiler

broiler pan

Directions

Preheat broiler.

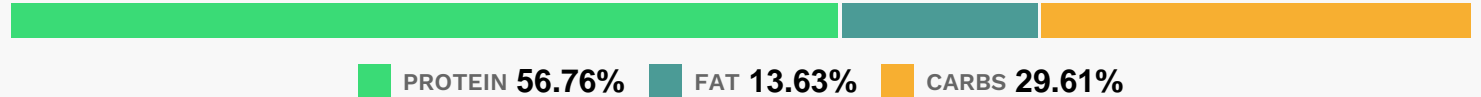
To prepare pork, sprinkle pork with 1/4 teaspoon salt and black pepper.

Place pork on a broiler pan coated with cooking spray. Broil 15 minutes or until a thermometer registers 160 (slightly pink).

Let stand 5 minutes, and cut into 1/4-inch-thick slices.

To prepare xec, combine orange and remaining ingredients, and serve with pork.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:3.4, Inflammation Score:-7, Nutrition Score:20.023043497749%

Flavonoids

Eriodictyol: 2.83mg, Eriodictyol: 2.83mg, Eriodictyol: 2.83mg, Eriodictyol: 2.83mg Hesperetin: 16.16mg, Hesperetin: 16.16mg, Hesperetin: 16.16mg, Hesperetin: 16.16mg Naringenin: 25.73mg, Naringenin: 25.73mg, Naringenin: 25.73mg, Naringenin: 25.73mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 173.85kcal (8.69%), Fat: 2.65g (4.07%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 10.51g (3.82%), Sugar: 8.6g (9.56%), Cholesterol: 73.71mg (24.57%), Sodium: 278.66mg (12.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.82g (49.64%), Vitamin B1: 1.2mg (80.17%), Vitamin C: 51.61mg (62.56%), Selenium: 35.28µg (50.4%), Vitamin B6: 0.96mg (47.96%), Vitamin B3: 7.86mg (39.32%), Phosphorus: 299.95mg (30%), Vitamin B2: 0.43mg (25.2%), Potassium: 638.52mg (18.24%), Vitamin A: 797.19IU (15.94%), Zinc:

2.23mg (14.87%), Vitamin B5: 1.25mg (12.54%), Magnesium: 42.05mg (10.51%), Fiber: 2.44g (9.74%), Vitamin B12: 0.58µg (9.64%), Copper: 0.15mg (7.51%), Iron: 1.32mg (7.32%), Folate: 23µg (5.75%), Calcium: 40.85mg (4.08%), Manganese: 0.07mg (3.28%), Vitamin E: 0.44mg (2.96%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.08µg (1.03%)