



Pork with Grapefruit-Mint Salsa

 **Gluten Free**  **Dairy Free**

READY IN



38 min.

SERVINGS



4

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.3 teaspoon pepper red crushed
- 0.5 cup apricots dried finely chopped
- 0.3 cup mint leaves fresh finely chopped
- 0.5 cup grapefruit sections refrigerated red drained
- 0.5 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin

- 1 pound pork tenderloin trimmed
- 1 tablespoon juice of lemon
- 0.3 cup onion red finely chopped
- 0.3 teaspoon salt
- 0.5 teaspoon sugar
- 0.5 cup bell pepper yellow finely chopped

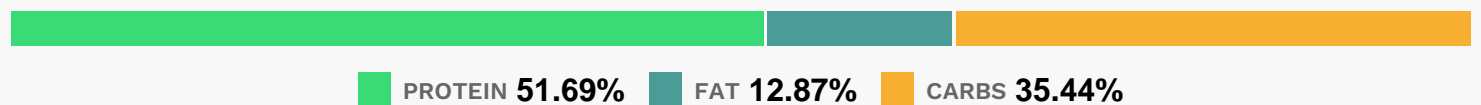
Equipment

- bowl
- frying pan
- oven
- kitchen thermometer

Directions

- Preheat oven to 42
- Combine allspice and next 5 ingredients in a small bowl. Stir well, and rub evenly on pork.
- Place pork on a jelly roll pan coated with cooking spray.
- Bake at 425 for 28 minutes or until a thermometer registers 160 (slightly pink).
- While meat cooks, combine apricots and next 6 ingredients in a medium bowl.
- Let stand 30 minutes.
- Serve salsa over pork.

Nutrition Facts



Properties

Glycemic Index:53.12, Glycemic Load:4.25, Inflammation Score:-8, Nutrition Score:21.014782436516%

Flavonoids

Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 9.44mg, Naringenin: 9.44mg, Naringenin: 9.44mg, Naringenin: 9.44mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 191.47kcal (9.57%), Fat: 2.77g (4.27%), Saturated Fat: 0.83g (5.22%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 14.66g (5.33%), Sugar: 11.7g (13%), Cholesterol: 73.71mg (24.57%), Sodium: 211.47mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.09%), Vitamin B1: 1.16mg (77.46%), Vitamin C: 46.52mg (56.39%), Selenium: 35.49µg (50.69%), Vitamin B6: 0.97mg (48.66%), Vitamin B3: 8.33mg (41.63%), Phosphorus: 308.79mg (30.88%), Vitamin B2: 0.43mg (25.1%), Vitamin A: 1116.43IU (22.33%), Potassium: 766.02mg (21.89%), Zinc: 2.33mg (15.57%), Vitamin B5: 1.18mg (11.8%), Magnesium: 45.92mg (11.48%), Iron: 2.06mg (11.44%), Copper: 0.21mg (10.41%), Manganese: 0.21mg (10.38%), Fiber: 2.51g (10.03%), Vitamin B12: 0.58µg (9.64%), Vitamin E: 1.06mg (7.07%), Folate: 16.25µg (4.06%), Calcium: 39.89mg (3.99%), Vitamin D: 0.23µg (1.51%)