



 **66%**
HEALTH SCORE

Pork with Mustard Lime Vinaigrette

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



1223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon dijon mustard
- 0.5 cup cilantro leaves fresh chopped
- 0.5 teaspoon fresh-ground pepper black
- 1 tablespoon juice of lime
- 0.3 cup olive oil
- 2 pork tenderloins
- 1 small onion red very thin cut into slices
- 0.8 teaspoon salt

Equipment

- bowl
- baking sheet
- paper towels
- oven
- whisk

Directions

- Heat the oven to 45
- Coat the pork with the 1 tablespoon of mustard and the 1 1/2 teaspoons of oil.
- Sprinkle it with 1/2 teaspoon of the salt and 1/4 teaspoon of the black pepper.
- Put the pork on a baking sheet and roast until just done, 20 to 25 minutes.
- Transfer the pork to a carving board and leave to rest in a warm spot for 5 minutes.
- Meanwhile, put the onion in a small bowl of cold water and let stand for 10 minutes.
- Drain the onion, rinse, and then pat dry with paper towels.
- In a large glass or stainless-steel bowl, whisk together the lime juice, the 1 teaspoon mustard, and the remaining 1/4 teaspoon each salt and black pepper.
- Add the 1/4 cup oil slowly, whisking. While the pork is still warm, cut it into bite-size pieces.
- Add the pork, onion, red-pepper flakes, and cilantro to the vinaigrette and toss.
- Variations: Leftover pork or beef would not only taste great, it would actually be more traditional. The meat should really be cooked through, though, not rare.
- Wine Recommendation: Merlot's soft, supple texture and ripe, juicy plum and chocolate flavors have made it a current favorite among red wines. Savor a well-made version from California's Napa Valley here, and you'll know what all the fuss is about.

Nutrition Facts

 **PROTEIN 63.9%**  **FAT 34.97%**  **CARBS 1.13%**

Properties

Glycemic Index:30.75, Glycemic Load:0.62, Inflammation Score:-8, Nutrition Score:52.12999985529%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg

Nutrients (% of daily need)

Calories: 1223.05kcal (61.15%), Fat: 45.69g (70.3%), Saturated Fat: 12.6g (78.75%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.55g (0.93%), Sugar: 1.3g (1.45%), Cholesterol: 589.55mg (196.52%), Sodium: 951.33mg (41.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 187.84g (375.68%), Vitamin B1: 8.93mg (595.27%), Selenium: 276.27µg (394.67%), Vitamin B6: 6.98mg (348.96%), Vitamin B3: 60.04mg (300.18%), Phosphorus: 2217.92mg (221.79%), Vitamin B2: 3.07mg (180.63%), Zinc: 17.05mg (113.66%), Potassium: 3628.64mg (103.68%), Vitamin B12: 4.72µg (78.61%), Vitamin B5: 7.66mg (76.56%), Magnesium: 250.7mg (62.67%), Iron: 9.06mg (50.32%), Copper: 0.83mg (41.5%), Vitamin E: 4.02mg (26.79%), Vitamin D: 2.72µg (18.14%), Vitamin K: 14.93µg (14.21%), Manganese: 0.22mg (11.01%), Calcium: 66.49mg (6.65%), Vitamin C: 3.71mg (4.5%), Vitamin A: 159.55IU (3.19%), Fiber: 0.76g (3.05%), Folate: 7.14µg (1.79%)