



Pork with Papaya Salsa and Pineapple-Chile Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound anaheim chiles
- ☐ 0.3 teaspoon peppercorns black
- ☐ 2 tablespoons brown sugar grated
- ☐ 1 stick piece cinnamon (1-inch)
- ☐ 0.5 teaspoon coriander seeds
- ☐ 2 tablespoons mint leaves fresh minced
- ☐ 2 tablespoons green onions thinly sliced

- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 servings mint sprigs
- ☐ 4 cups papaya ripe cubed peeled
- ☐ 2 cups pineapple cubed
- ☐ 1 pound pork tenderloin
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon allspice whole

Equipment

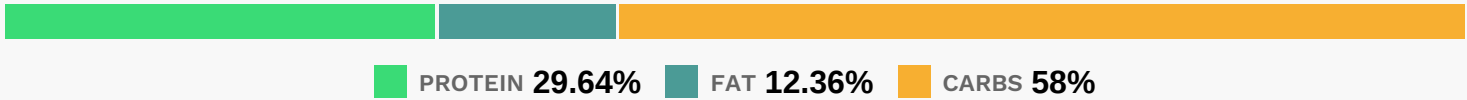
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine first 5 ingredients in a small skillet.
- ☐ Place over medium heat, and cook 3 1/2 minutes or until toasted, stirring constantly.
- ☐ Place spice mixture in a spice or coffee grinder, and process until finely ground. Rub spice mixture over pork; cover and refrigerate 2 hours.
- ☐ Cut chiles in half lengthwise; discard seeds and membranes.
- ☐ Place chile halves, skin sides up, on a foil-lined baking sheet. Broil 10 minutes or until blackened.

- ☐ Place chiles in a heavy-duty zip-top plastic bag, and seal; let stand 10 minutes. Peel chiles. Chop chiles; set aside.
- ☐ Place pineapple in a blender, and process until smooth.
- ☐ Remove 1/2 cup pineapple pure from blender, and place in a large bowl; set aside.
- ☐ Add chopped chiles, 2 tablespoons lime juice, and 1/4 teaspoon salt to pineapple pure in blender; process until smooth.
- ☐ Pour into a small nonaluminum skillet; stir in mint.
- ☐ Add papaya, raisins, green onions, and 2 tablespoons lime juice to 1/2 cup pineapple puree in bowl; stir well. Cover salsa, and chill.
- ☐ Preheat oven to 40
- ☐ Place pork on broiler pan coated with cooking spray; sprinkle piloncillo sugar and 1/4 teaspoon salt over pork.
- ☐ Bake at 400 for 30 minutes or until a meat thermometer registers 16
- ☐ Cut pork diagonally across the grain into thin slices; set aside, and keep warm.
- ☐ Cook pineapple-chile pure mixture over medium heat until thoroughly heated, stirring occasionally; spoon pure onto individual plates. Arrange pork slices over pure, and spoon papaya salsa over pork.
- ☐ Garnish with fresh mint, if desired.

Nutrition Facts



Properties

Glycemic Index:65.05, Glycemic Load:17.08, Inflammation Score:-9, Nutrition Score:29.12217405568%

Flavonoids

Eriodictyol: 1.25mg, Eriodictyol: 1.25mg, Eriodictyol: 1.25mg, Eriodictyol: 1.25mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 327.46kcal (16.37%), Fat: 4.65g (7.15%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 49.1g (16.37%), Net Carbohydrates: 40.12g (14.59%), Sugar: 28.89g (32.1%), Cholesterol: 73.71mg (24.57%), Sodium: 600.35mg (26.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.09g (50.17%), Vitamin C: 142.93mg (173.24%), Vitamin B1: 1.23mg (81.93%), Manganese: 1.11mg (55.7%), Vitamin B6: 1.04mg (52.23%), Selenium: 35.55µg (50.78%), Vitamin B3: 8.63mg (43.15%), Fiber: 8.99g (35.95%), Vitamin A: 1568.21IU (31.36%), Phosphorus: 310.27mg (31.03%), Vitamin B2: 0.48mg (28.09%), Potassium: 923.93mg (26.4%), Magnesium: 79.42mg (19.85%), Folate: 73.85µg (18.46%), Zinc: 2.44mg (16.27%), Copper: 0.31mg (15.59%), Vitamin B5: 1.43mg (14.35%), Iron: 2.36mg (13.1%), Vitamin K: 11.2µg (10.66%), Vitamin B12: 0.59µg (9.83%), Calcium: 78.65mg (7.86%), Vitamin E: 0.74mg (4.95%), Vitamin D: 0.34µg (2.27%)