



WHATSheATE



Roast Pork Tenderloin with Spicy Apple-Green Chile Salsa



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup chicken broth
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.5 teaspoon cumin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced

- ☐ 2 medium apples i use 2 granny smith apples diced unpeeled
- ☐ 4.5 ounce to 2 chilies slit green chopped canned
- ☐ 1 jalapeno seeded chopped
- ☐ 2 tablespoons olive oil
- ☐ 1.5 pound pork tenderloin
- ☐ 1 small onion red chopped
- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon sugar

Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 400 F. Rub the pork with the chili powder, cumin, and 1 1/4 teaspoons of the salt. In a large skillet, over medium-high heat, heat 1 tablespoon of the olive oil.
- ☐ Add the pork and brown on all sides.
- ☐ Transfer the pork to a roasting pan; set aside. In the same skillet, over medium heat, add the remaining olive oil.
- ☐ Add the apples, red onion, garlic, and vinegar and cook 5 to 8 minutes or until the apples and onion are translucent.
- ☐ Add the broth, chilies, jalapeno, sugar, black pepper, cilantro, and the remaining 1/4 teaspoon of salt. Stir and cook, uncovered, over medium-low heat until the apples are tender, 20 to 30 minutes.
- ☐ Add the red pepper during the last 5 minutes of cooking; set aside. While the salsa cooks, roast the pork for 20 to 25 minutes.
- ☐ Let stand 5 minutes before slicing.
- ☐ Serve with the salsa, buttered potatoes, and a leaf salad.

Nutrition Facts

 **PROTEIN 41.07%**  **FAT 34.31%**  **CARBS 24.62%**

Properties

Glycemic Index:75.02, Glycemic Load:6.21, Inflammation Score:-6, Nutrition Score:25.352609126464%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg

Nutrients (% of daily need)

Calories: 354.03kcal (17.7%), Fat: 13.42g (20.64%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 17.55g (6.38%), Sugar: 15.06g (16.73%), Cholesterol: 111.15mg (37.05%), Sodium: 1187.86mg (51.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.13g (72.27%), Vitamin B1: 1.71mg (114.19%), Selenium: 52.18µg (74.55%), Vitamin B6: 1.42mg (70.94%), Vitamin B3: 11.56mg (57.82%), Phosphorus: 439.89mg (43.99%), Vitamin B2: 0.63mg (37.31%), Potassium: 854.6mg (24.42%), Zinc: 3.35mg (22.36%), Vitamin C: 15.05mg (18.24%), Fiber: 4.1g (16.41%), Vitamin B5: 1.55mg (15.49%), Vitamin B12: 0.89µg (14.84%), Magnesium: 57.04mg (14.26%), Vitamin E: 1.92mg (12.82%), Iron: 2.22mg (12.35%), Vitamin K: 11.88µg (11.31%), Copper: 0.21mg (10.52%), Manganese: 0.19mg (9.63%), Vitamin A: 333.63IU (6.67%), Vitamin D: 0.51µg (3.4%), Calcium: 32.89mg (3.29%), Folate: 9.96µg (2.49%)