



 **51%**
HEALTH SCORE

Roasted Pork Tenderloin Salad with Mango and Ginger-Lime Dressing

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

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon ginger fresh grated peeled
- 0.3 cup green onions thinly sliced
- 2 tablespoons jalapeno seeded chopped (1 large)
- 2 tablespoons juice of lime fresh
- 2.5 cups mangos diced peeled
- 4 teaspoons olive oil

- 0.8 pound plum tomatoes diced
- 1 pound pork tenderloin split trimmed
- 10 ounce romaine salad
- 0.3 teaspoon salt
- 2 tablespoons water

Equipment

- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat oven to 425
- To prepare pork, sprinkle tenderloin with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- Place pork in a foil-lined, shallow roasting pan coated with cooking spray.
- Bake at 425 for 20 minutes or until thermometer registers 160 (slightly pink).
- Cut pork diagonally across grain into thin slices; keep warm.
- To prepare dressing, combine jalapen and next 6 ingredients (jalapen through black pepper); stir well with a whisk.
- Combine pork, dressing, and remaining ingredients; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:50.19, Glycemic Load:8.26, Inflammation Score:-10, Nutrition Score:34.298695439878%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 268.43kcal (13.42%), Fat: 8.84g (13.6%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 18.45g (6.71%), Sugar: 17.82g (19.8%), Cholesterol: 73.71mg (24.57%), Sodium: 217.35mg (9.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.14g (52.28%), Vitamin A: 8147.24IU (162.94%), Vitamin K: 100.68µg (95.89%), Vitamin B1: 1.23mg (82.26%), Vitamin C: 64.43mg (78.1%), Vitamin B6: 1.15mg (57.6%), Selenium: 35.36µg (50.51%), Vitamin B3: 9.07mg (45.33%), Folate: 160.48µg (40.12%), Phosphorus: 337.77mg (33.78%), Potassium: 1049.15mg (29.98%), Vitamin B2: 0.5mg (29.25%), Fiber: 4.63g (18.51%), Vitamin E: 2.63mg (17.53%), Zinc: 2.57mg (17.14%), Manganese: 0.33mg (16.33%), Magnesium: 64.23mg (16.06%), Copper: 0.32mg (15.86%), Vitamin B5: 1.37mg (13.71%), Iron: 2.35mg (13.04%), Vitamin B12: 0.59µg (9.83%), Calcium: 57.68mg (5.77%), Vitamin D: 0.34µg (2.27%)