



WHATSheATE



Roasted Pork Tenderloin with Orange and Red Onion Salsa



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 2 teaspoons jalapeno minced seeded
- ☐ 1 pound pork tenderloin trimmed
- ☐ 2 tablespoons juice of lime fresh

- ☐ 1 cup orange sections coarsely chopped (2 oranges)
- ☐ 0.5 cup onion diced red
- ☐ 0.5 teaspoon salt divided

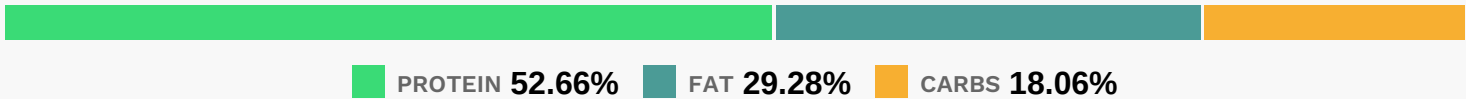
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 45
- ☐ Heat oil in a large ovenproof skillet over medium-high heat.
- ☐ Sprinkle pork evenly with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Add pork to pan; cook 2 minutes on each side or until lightly browned.
- ☐ Transfer pan to oven.
- ☐ Bake at 450 for 17 minutes or until a thermometer registers 16
- ☐ Let stand 5 minutes; cut across grain into 1/2-inch-thick slices.
- ☐ Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, oranges, and remaining ingredients.
- ☐ Serve salsa with pork.
- ☐ Rice and beans: Cook 1 (10-ounce) package frozen long-grain brown rice (such as Birds Eye Steam
- ☐ Fresh) according to package directions.
- ☐ Combine cooked rice, 1 cup rinsed and drained canned black beans, 1 tablespoon chopped fresh cilantro, 1/4 teaspoon salt, 1/4 teaspoon ground cumin, and 1/8 teaspoon chili powder.

Nutrition Facts



Properties

Glycemic Index:48.88, Glycemic Load:2.34, Inflammation Score:-5, Nutrition Score:18.427826083225%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 12.94mg, Hesperetin: 12.94mg, Hesperetin: 12.94mg, Hesperetin: 12.94mg Naringenin: 6.92mg, Naringenin: 6.92mg, Naringenin: 6.92mg, Naringenin: 6.92mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 188.27kcal (9.41%), Fat: 6.07g (9.33%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 6.79g (2.47%), Sugar: 5.3g (5.89%), Cholesterol: 73.71mg (24.57%), Sodium: 352.45mg (15.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.55g (49.1%), Vitamin B1: 1.19mg (79.03%), Selenium: 35.4µg (50.57%), Vitamin B6: 0.96mg (47.85%), Vitamin B3: 7.79mg (38.96%), Vitamin C: 31.14mg (37.74%), Phosphorus: 295.92mg (29.59%), Vitamin B2: 0.42mg (24.53%), Potassium: 589.68mg (16.85%), Zinc: 2.24mg (14.9%), Vitamin B5: 1.13mg (11.27%), Magnesium: 38.97mg (9.74%), Vitamin B12: 0.58µg (9.64%), Vitamin E: 1.08mg (7.21%), Copper: 0.14mg (7.07%), Iron: 1.27mg (7.05%), Fiber: 1.63g (6.51%), Vitamin K: 6.61µg (6.29%), Manganese: 0.11mg (5.36%), Folate: 19.41µg (4.85%), Vitamin A: 201.26IU (4.03%), Calcium: 32.93mg (3.29%), Vitamin D: 0.23µg (1.51%)