



Roasted Spiced-Pork Tenderloin with Beet, Apple, and Caraway Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup anaheim chile diced seeded
- ☐ 1 cup beets diced cooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon brown sugar
- ☐ 1 teaspoon brown sugar
- ☐ 0.5 teaspoon caraway seeds crushed
- ☐ 1 tablespoon cilantro leaves fresh minced

- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 cups apples i use 2 granny smith apples diced
- ☐ 0.3 cup green onions sliced
- ☐ 1 pound pork tenderloin trimmed
- ☐ 2.5 tablespoons lemongrass fresh peeled chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon thai fish sauce
- ☐ 0.5 cup water

Equipment

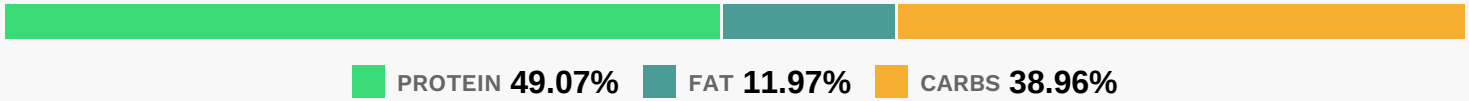
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ To prepare pork, combine first 11 ingredients in a large zip-top plastic bag; seal. Marinate in refrigerator for 4 to 12 hours, turning bag occasionally.
- ☐ Preheat oven to 45
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.

- ☐ Remove pork from bag, reserving marinade. Pat pork dry with paper towels.
- ☐ Add pork to pan; cook 6 minutes, browning on all sides.
- ☐ Remove pork from pan; place on a broiler pan coated with cooking spray.
- ☐ Place reserved marinade in a small saucepan; bring to a boil.
- ☐ Remove from heat.
- ☐ Bake pork at 450 for 25 minutes or until a thermometer registers 155 (slightly pink), basting occasionally with reserved marinade.
- ☐ Let stand 5 minutes; thinly slice.
- ☐ To prepare salsa, combine apple and remaining ingredients.
- ☐ Serve with pork.

Nutrition Facts



Properties

Glycemic Index:84.75, Glycemic Load:5.11, Inflammation Score:-6, Nutrition Score:20.996521545493%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 207.58kcal (10.38%), Fat: 2.78g (4.28%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 16.87g (6.13%), Sugar: 13.09g (14.55%), Cholesterol: 73.71mg (24.57%), Sodium: 783.54mg (34.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.31%), Vitamin B1: 1.19mg (79.21%), Selenium:

35.97µg (51.39%), Vitamin B6: 1mg (49.85%), Vitamin B3: 8.12mg (40.6%), Phosphorus: 323.83mg (32.38%), Vitamin C: 23.43mg (28.41%), Vitamin B2: 0.45mg (26.71%), Potassium: 778.58mg (22.25%), Manganese: 0.42mg (21.02%), Zinc: 2.5mg (16.65%), Magnesium: 61.74mg (15.44%), Folate: 58.69µg (14.67%), Vitamin K: 15.03µg (14.32%), Fiber: 3.5g (14.01%), Iron: 2.11mg (11.72%), Vitamin B5: 1.15mg (11.51%), Vitamin B12: 0.6µg (10%), Copper: 0.19mg (9.75%), Vitamin A: 218.48IU (4.37%), Calcium: 39.46mg (3.95%), Vitamin E: 0.48mg (3.2%), Vitamin D: 0.23µg (1.51%)