



Saffron-Marinated Pork Tenderloin with Grilled Pepper Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon basil fresh chopped
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 large bell pepper green
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound pork tenderloin trimmed

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 2 teaspoons paprika
- ☐ 1 large bell pepper red
- ☐ 0.5 inch onion red
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup shallots sliced
- ☐ 2 teaspoons sherry vinegar
- ☐ 1 teaspoon sugar

Equipment

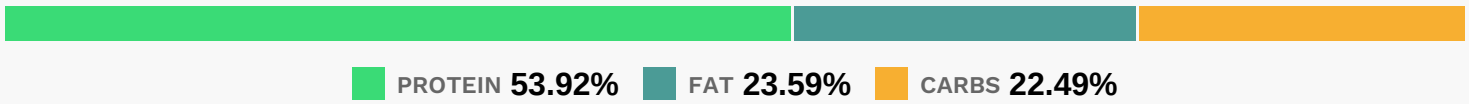
- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ To prepare the pork, combine the first 9 ingredients in a large zip-top plastic bag; seal. Marinate in the refrigerator 24 hours, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove pork from bag; discard marinade.
- ☐ Sprinkle pork with 3/4 teaspoon salt and black pepper.
- ☐ Place pork on a grill rack coated with cooking spray. Grill 18 minutes or until a thermometer registers 155 (slightly pink), turning occasionally.
- ☐ Let stand 10 minutes before slicing.
- ☐ To prepare relish, place onion and bell peppers on grill rack coated with cooking spray. Grill onion 4 minutes on each side or until tender. Grill peppers 12 minutes or until blackened, turning occasionally.

- ☐
- Place peppers in a large zip-top plastic bag; seal.
- ☐
- Let stand 10 minutes. Peel peppers; cut in half lengthwise. Discard seeds and membranes. Chop onion and peppers.
- ☐
- Combine onion, peppers, basil, and remaining ingredients in a medium bowl.
- ☐
- Serve the relish with pork.

Nutrition Facts



Properties

Glycemic Index:115.27, Glycemic Load:2.43, Inflammation Score:-9, Nutrition Score:25.908260697904%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg 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: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 188.57kcal (9.43%), Fat: 4.96g (7.63%), Saturated Fat: 1.15g (7.22%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 7.91g (2.88%), Sugar: 5.51g (6.12%), Cholesterol: 73.71mg (24.57%), Sodium: 649.04mg (28.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.49g (50.98%), Vitamin C: 89.71mg (108.74%), Vitamin B1: 1.2mg (80.14%), Vitamin B6: 1.22mg (60.91%), Selenium: 35.64µg (50.91%), Vitamin B3: 8.38mg (41.92%), Vitamin A: 2068.11IU (41.36%), Phosphorus: 322.07mg (32.21%), Vitamin B2: 0.46mg (26.91%), Potassium: 731.94mg (20.91%), Vitamin K: 17.85µg (17%), Zinc: 2.5mg (16.65%), Manganese: 0.29mg (14.53%), Iron: 2.37mg (13.16%), Magnesium: 50.15mg (12.54%), Vitamin B5: 1.24mg (12.38%), Vitamin E: 1.68mg (11.21%), Fiber: 2.73g (10.9%), Vitamin B12: 0.58µg (9.64%), Copper: 0.18mg (9.22%), Folate: 32.81µg (8.2%), Calcium: 36.78mg (3.68%), Vitamin D: 0.23µg (1.51%)