



Spanish Pork with Apple-Citrus Salsa



Gluten Free



Dairy Free

READY IN



59 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple juice
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1.5 teaspoons chili powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cups apples i use 2 granny smith apples diced
- ☐ 2 spring onion thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 jalapeno thinly sliced

- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 pound pork tenderloins trimmed
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 0.5 teaspoon lime zest grated
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.1 teaspoon pimenton de la vera

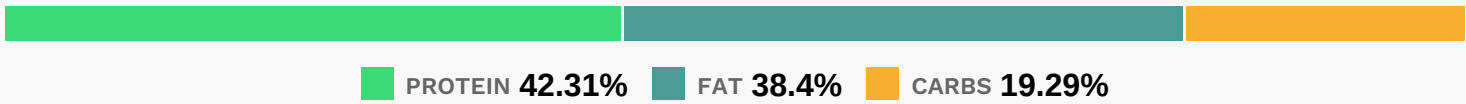
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Combine first 4 ingredients. Stir in 1/2 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Brush 1 tablespoon olive oil over pork, and sprinkle evenly with chili powder mixture.
- ☐ Let stand 30 minutes at room temperature.
- ☐ Preheat grill to medium-high heat.
- ☐ Combine remaining 1 tablespoon olive oil, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, apple, and the next 6 ingredients (through jalapeo) in a medium bowl; toss.
- ☐ Place pork on a grill rack coated with cooking spray; grill 6 minutes on each side or until a thermometer registers 14
- ☐ Remove pork from grill; let stand 5 minutes. Slice pork crosswise; serve with salsa.

Nutrition Facts



Properties

Glycemic Index:60.69, Glycemic Load:2.78, Inflammation Score:-6, Nutrition Score:18.073478330737%

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: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 5.06mg, Epicatechin: 5.06mg, Epicatechin: 5.06mg, Epicatechin: 5.06mg 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: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 228.97kcal (11.45%), Fat: 9.79g (15.06%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 8.85g (3.22%), Sugar: 7.55g (8.39%), Cholesterol: 73.71mg (24.57%), Sodium: 512.2mg (22.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.54%), Vitamin B1: 1.15mg (76.86%), Selenium: 35.19µg (50.26%), Vitamin B6: 0.94mg (47.08%), Vitamin B3: 7.82mg (39.11%), Phosphorus: 295.02mg (29.5%), Vitamin B2: 0.42mg (24.84%), Vitamin K: 21.8µg (20.76%), Potassium: 578.25mg (16.52%), Zinc: 2.26mg (15.04%), Vitamin E: 1.84mg (12.28%), Vitamin B5: 1.03mg (10.28%), Iron: 1.76mg (9.78%), Magnesium: 39.04mg (9.76%), Vitamin B12: 0.58µg (9.64%), Fiber: 2.22g (8.87%), Vitamin C: 6.87mg (8.32%), Vitamin A: 376.77IU (7.54%), Copper: 0.14mg (7.11%), Manganese: 0.12mg (6.23%), Calcium: 25.48mg (2.55%), Folate: 7.41µg (1.85%), Vitamin D: 0.23µg (1.51%)