



Spice-Rubbed Pork Tenderloin with Mango Sambal



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 0.8 teaspoon chili powder
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 teaspoons fish sauce
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound pork tenderloin trimmed

- ☐ 1 cup mango) peeled chopped
- ☐ 0.5 teaspoon onion powder
- ☐ 0.8 teaspoon paprika
- ☐ 2 teaspoons rice wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 serrano chile seeded finely chopped
- ☐ 1.5 teaspoons sugar

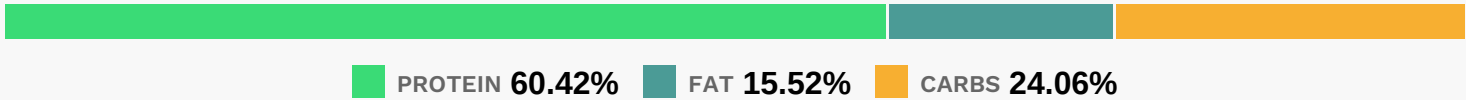
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 425
- ☐ To prepare pork, combine first 8 ingredients in a small bowl. Rub pork tenderloin with spice mixture; refrigerate for 20 minutes.
- ☐ Place pork on a broiler pan coated with cooking spray.
- ☐ Bake at 425 for 20 minutes or until meat thermometer registers 160
- ☐ Let stand 5 minutes; cut into 1/4-inch-thick slices.
- ☐ To prepare sambal, combine mango and remaining ingredients.
- ☐ Serve sambal with pork.

Nutrition Facts



Properties

Glycemic Index:49.21, Glycemic Load:3.93, Inflammation Score:-6, Nutrition Score:17.870869429215%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 164.61kcal (8.23%), Fat: 2.8g (4.3%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 8.67g (3.15%), Sugar: 8.38g (9.31%), Cholesterol: 73.71mg (24.57%), Sodium: 594.35mg (25.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.49g (48.97%), Vitamin B1: 1.15mg (76.7%), Selenium: 35.68µg (50.98%), Vitamin B6: 0.97mg (48.61%), Vitamin B3: 8.05mg (40.24%), Phosphorus: 292.08mg (29.21%), Vitamin B2: 0.42mg (24.49%), Vitamin C: 15.82mg (19.18%), Potassium: 561.98mg (16.06%), Vitamin A: 762.18IU (15.24%), Zinc: 2.26mg (15.04%), Magnesium: 43.15mg (10.79%), Vitamin B5: 1.06mg (10.64%), Vitamin B12: 0.59µg (9.88%), Iron: 1.63mg (9.07%), Copper: 0.16mg (8.19%), Vitamin E: 0.9mg (5.99%), Folate: 20.36µg (5.09%), Fiber: 1.08g (4.32%), Manganese: 0.09mg (4.31%), Vitamin K: 3.7µg (3.53%), Calcium: 19.55mg (1.96%), Vitamin D: 0.23µg (1.51%)