



Spice-Rubbed Pork Tenderloin with Roasted Baby Carrots

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ancho chile powder
- ☐ 2 pounds baby carrots green trimmed peeled
- ☐ 1 tablespoon butter diced
- ☐ 1 teaspoon coarse kosher salt
- ☐ 2 garlic cloves thinly sliced
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon honey

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 teaspoons oregano dried
- ☐ 2 pound pork tenderloins
- ☐ 1 small jalapeño red seeded coarsely chopped (preferably)
- ☐ 1 teaspoon paprika smoked
- ☐ 2 tablespoons water

Equipment

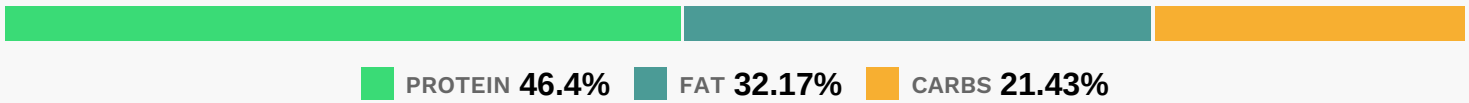
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Arrange carrots on largerimmed baking sheet.
- ☐ Whisk 2 tablespoonswater and all remaining ingredients insmall bowl; pour over carrots and toss tocoat. Cover tightly with heavy-duty foil.DO AHEAD: Can be made 2 hours ahead.
- ☐ Letstand at room temperature. Toss to coatbefore continuing.
- ☐ Preheat oven to 400°F. Roastcarrot mixture covered until just tender,about 30 minutes.
- ☐ Meanwhile, arrange pork tenderloinson another rimmed baking sheet. Stiroregano, cumin, chile powder, smokedpaprika, and 1 teaspoon coarse salt in smallbowl; rub mixture all over tenderloins.
- ☐ Heat oil in heavy large nonstick skillet overmedium-high heat.
- ☐ Add pork to skillet andcook until browned on all sides, about 5minutes. Return to rimmed baking sheet.
- ☐ Remove foil from carrots. Nestle porkamong carrots on baking sheet, arrangingcarrots in single layer around pork. Roastuncovered until instant-read thermometerinserted into center of pork registers 145°F,stirring carrots occasionally if beginningto caramelize, about 18

- minutes.
- ☐ Let rest 5 to 10 minutes.
 - ☐ Transfer pork to work surface.
 - ☐ Cut crosswise into 1/2-inch-thick slices. Arrange carrots on platter. Top with pork slices, drizzling any pan juices over.
 - ☐ * Available in the spice section of many supermarkets and at Latin markets.
 - ☐ ** Sometimes labeled Pimentón Dulce or Pimentón de La Vera Dulce; available at some supermarkets, at specialty food stores, and from tienda.com.

Nutrition Facts



Properties

Glycemic Index: 33.71, Glycemic Load: 0.7, Inflammation Score: -10, Nutrition Score: 30.270434462506%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 283.83kcal (14.19%), Fat: 10.04g (15.45%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 10.03g (3.65%), Sugar: 8.39g (9.32%), Cholesterol: 103.29mg (34.43%), Sodium: 606.84mg (26.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.59g (65.18%), Vitamin A: 21216.59IU (424.33%), Vitamin B1: 1.54mg (102.75%), Vitamin B6: 1.36mg (68.2%), Selenium: 47.51µg (67.88%), Vitamin B3: 11.01mg (55.03%), Phosphorus: 419.25mg (41.92%), Vitamin B2: 0.58mg (34.19%), Potassium: 999.76mg (28.56%), Zinc: 3.19mg (21.25%), Iron: 3.69mg (20.51%), Fiber: 5.03g (20.11%), Vitamin K: 20.92µg (19.93%), Vitamin B5: 1.9mg (19.03%), Manganese: 0.34mg (16.95%), Magnesium: 62.19mg (15.55%), Copper: 0.31mg (15.45%), Vitamin B12: 0.79µg (13.17%), Folate: 43.39µg (10.85%), Vitamin C: 7.67mg (9.3%), Calcium: 79.35mg (7.94%), Vitamin E: 1.11mg (7.38%), Vitamin D: 0.45µg (3.02%)