



Spice-rubbed Pork Tenderloins



Gluten Free



Dairy Free



Low Fod Map

READY IN



100 min.

SERVINGS



12

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons five-spice powder
- 12 servings good-quality balsamic vinegar for drizzling
- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon cinnamon
- 1 teaspoon coarse salt
- 12 servings coarse salt for sprinkling on tenderloins
- 2 tablespoons coriander seeds
- 2 tablespoons fennel seeds

- 1 teaspoon ground ginger
- 2 tbsp olive oil
- 3 pork tenderloins (1 lb. each)
- 1 teaspoon pepper flakes red
- 2 tablespoons star anise (with the back of a heavy saucepan) crushed

Equipment

- frying pan
- kitchen thermometer
- aluminum foil
- mortar and pestle

Directions

- Liberally season tenderloins with salt. Coarsely grind star anise, coriander, and fennel using a mortar and pestle or a spice grinder.
- Add five-spice powder, black pepper, ginger, cinnamon, red pepper flakes, and salt; pound or whirl to combine. Rub spice mixture on pork until thickly coated on all sides (save remaining mixture for another use).
- Let pork sit at least 1 hour (at cool room temperature, covered) or up to 1 day (covered and chilled).
- Heat 1 tbsp. olive oil in a 10- to 12-in. heavy frying pan over medium-high heat.
- Add 2 tenderloins and brown well on all sides, 10 to 15 minutes, drizzling in additional olive oil as needed. Meat is done when it registers 140 on a meat thermometer (cut to test--it should be cooked but still rosy). If meat is not done, cover pan, lower heat to medium, and cook until thermometer registers 140 (cut to test), up to 10 minutes more.
- Remove tenderloins from pan, cover with foil, and let rest at least 10 minutes. Cook remaining tenderloin the same way, but brown it over medium heat and check temperature after 10 minutes. Slice meat into 3/4-in. rounds and drizzle with vinegar.

Nutrition Facts



■ PROTEIN 65.95% ■ FAT 30.09% ■ CARBS 3.96%

Properties

Glycemic Index:8.08, Glycemic Load:1.43, Inflammation Score:-5, Nutrition Score:40.193043376117%

Nutrients (% of daily need)

Calories: 597.16kcal (29.86%), Fat: 19.18g (29.5%), Saturated Fat: 5.72g (35.75%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 4.28g (1.56%), Sugar: 2.41g (2.68%), Cholesterol: 294.77mg (98.26%), Sodium: 631.62mg (27.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 94.6g (189.19%), Vitamin B1: 4.47mg (298.06%), Selenium: 137.92µg (197.03%), Vitamin B6: 3.5mg (174.98%), Vitamin B3: 30.19mg (150.95%), Phosphorus: 1128.28mg (112.83%), Vitamin B2: 1.55mg (90.91%), Zinc: 8.76mg (58.37%), Potassium: 1880.68mg (53.73%), Vitamin B12: 2.36µg (39.3%), Vitamin B5: 3.83mg (38.25%), Magnesium: 137.21mg (34.3%), Iron: 6.11mg (33.92%), Copper: 0.46mg (22.99%), Manganese: 0.34mg (16.88%), Vitamin E: 1.4mg (9.35%), Vitamin D: 1.36µg (9.07%), Calcium: 72.9mg (7.29%), Fiber: 1.4g (5.6%), Vitamin K: 1.77µg (1.69%), Vitamin A: 70.68IU (1.41%), Vitamin C: 1.06mg (1.28%)