



Spice-Rubbed Pork Tenderloins in Corn Husks with Cranberry-Avocado Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons peppercorns whole black
- ☐ 2 teaspoons coriander seeds
- ☐ 12 corn husks dried dry drained
- ☐ 2 teaspoons cumin seeds
- ☐ 1 garlic clove minced
- ☐ 3.5 pounds pork tenderloins trimmed
- ☐ 2 tablespoons olive oil

- ☐ 8 servings cranberry–avocado salsa
- ☐ 1 teaspoon salt
- ☐ 1 large shallots minced

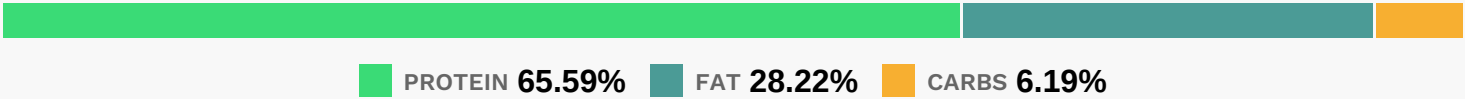
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen towels

Directions

- ☐ Stir cumin seeds, coriander seeds, and black peppercorns in small dry skillet over medium heat until aromatic, about 2 minutes. Finely grind spice mixture in spice grinder or mini processor.
- ☐ Mix ground spices, shallot, olive oil, salt, and garlic in small bowl until paste forms. Rub pork on all sides with spice paste. Cover and chill at least 3 hours or overnight.
- ☐ Tear 4 corn husks lengthwise into strips 1/2 to 3/4 inch wide.
- ☐ Place 1 pork tenderloin log in center of each remaining corn husk. Wrap corn husks around pork and tie center and ends of each with corn husk strips as for tamales, enclosing pork completely.
- ☐ Place pork bundles on rack on baking sheet. (Can be prepared 1 day ahead. Cover with damp kitchen towel, then foil, and refrigerate.)
- ☐ Preheat oven to 350°F.
- ☐ Bake pork bundles uncovered until instant–read thermometer inserted into thickest part of each piece registers 150°F, 35 to 45 minutes, depending on thickness of pork.
- ☐ Place 1 pork bundle on each of 8 plates.
- ☐ Remove husk strip from 1 end of each; fold corn husk back slightly, exposing some of meat. Spoon Cranberry–Avocado Salsa alongside and serve.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:26.136087168818%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 265.46kcal (13.27%), Fat: 8.11g (12.47%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.49g (1.65%), Cholesterol: 128.99mg (43%), Sodium: 607.53mg (26.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.4g (84.81%), Vitamin B1: 2mg (133.32%), Selenium: 61.71µg (88.16%), Vitamin B6: 1.62mg (80.95%), Vitamin B3: 13.68mg (68.39%), Phosphorus: 509.13mg (50.91%), Vitamin B2: 0.69mg (40.88%), Potassium: 916.29mg (26.18%), Zinc: 3.89mg (25.95%), Vitamin B5: 1.77mg (17.7%), Vitamin B12: 1.01µg (16.87%), Magnesium: 64.5mg (16.12%), Iron: 2.67mg (14.81%), Manganese: 0.25mg (12.43%), Copper: 0.23mg (11.37%), Vitamin E: 1.36mg (9.07%), Vitamin K: 5.31µg (5.06%), Fiber: 1.22g (4.9%), Calcium: 34.01mg (3.4%), Vitamin A: 166.13IU (3.32%), Vitamin D: 0.4µg (2.65%), Vitamin C: 1.12mg (1.36%)