



Spice-Rubbed Pork with Roasted Butternut Salad

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



253 kcal

SEASONING

MARINADE

Ingredients

- ☐ 6 cups arugula
- ☐ 1 small purée of usa bartlett pear ripe thinly sliced
- ☐ 3 cups butternut squash coarsely chopped
- ☐ 0.3 cup cherries dried chopped
- ☐ 4 oz goat cheese crumbled
- ☐ 3 tablespoons olive oil divided
- ☐ 8 servings pecan vinaigrette toasted

- ☐ 1.5 tablespoons pork rub dry (such as McCormick Grill Mates Pork Rub)
- ☐ 1.5 lb pork tenderloins

Equipment

- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Remove silver skin from tenderloins, leaving a thin layer of fat.
- ☐ Brush with 1 Tbsp. oil, and rub with dry rub.
- ☐ Preheat oven to 40
- ☐ Toss squash with remaining 2 Tbsp. oil; place in a single layer in a lightly greased foil-lined 15-x 10-inch jelly-roll pan.
- ☐ Bake 20 minutes or until squash is just tender and begins to brown, stirring once halfway through.
- ☐ Remove from oven, and cool 10 minutes.
- ☐ Meanwhile, grill pork, covered with grill lid, 10 minutes on each side or until a meat thermometer inserted into thickest portion registers 14
- ☐ Remove from grill, and let stand 10 minutes.
- ☐ Cut pork diagonally into thin slices.
- ☐ Toss together squash, arugula, and next 3 ingredients on a serving platter; add salt and black pepper to taste.
- ☐ Serve squash salad with Toasted Pecan Vinaigrette and sliced pork.

Nutrition Facts



 PROTEIN **34.14%**  FAT **43.53%**  CARBS **22.33%**

Properties

Glycemic Index:10.38, Glycemic Load:1.03, Inflammation Score:-10, Nutrition Score:23.559130357659%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 252.7kcal (12.64%), Fat: 12.35g (19%), Saturated Fat: 3.97g (24.82%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 11.61g (4.22%), Sugar: 5.52g (6.13%), Cholesterol: 61.8mg (20.6%), Sodium: 104.19mg (4.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.6%), Vitamin A: 6298.15IU (125.96%), Vitamin B1: 0.92mg (61.36%), Vitamin K: 43.43µg (41.36%), Vitamin B6: 0.82mg (41.07%), Selenium: 26.73µg (38.19%), Vitamin B3: 6.48mg (32.42%), Phosphorus: 277.68mg (27.77%), Vitamin B2: 0.38mg (22.08%), Manganese: 0.42mg (21.12%), Potassium: 620.38mg (17.73%), Vitamin C: 14.45mg (17.52%), Iron: 2.81mg (15.62%), Magnesium: 58.69mg (14.67%), Copper: 0.28mg (13.94%), Zinc: 2.02mg (13.45%), Vitamin E: 1.86mg (12.42%), Vitamin B5: 1.1mg (11%), Calcium: 107.63mg (10.76%), Fiber: 2.64g (10.58%), Folate: 35.61µg (8.9%), Vitamin B12: 0.47µg (7.82%), Vitamin D: 0.31µg (2.08%)