



WHATSheATE



Spiced Pork Tenderloin and Avocado Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cayenne
- ☐ 2.5 tablespoons coarse salt
- ☐ 1 tablespoon ground allspice
- ☐ 1 tablespoon oil
- ☐ 2.3 pound pork tenderloins
- ☐ 6 servings accompaniment: pineapple-avocado salsa

Equipment

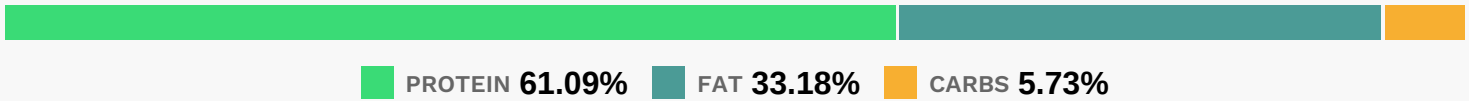
- ☐ frying pan

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 400°F.
- ☐ Stir together salt, allspice, and cayenne. Pat pork dry and sprinkle spice rub all over pork, pressing to adhere.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown pork, 1 tenderloin at a time, on all sides, about 1 minute each.
- ☐ Transfer as browned to a large roasting pan and arrange 2 inches apart.
- ☐ Roast in middle of oven until an instant-read thermometer inserted diagonally 2 inches into center of each tenderloin registers 155°F, 20 to 25 minutes.
- ☐ Let pork stand 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:22.960000032964%

Nutrients (% of daily need)

Calories: 239.3kcal (11.97%), Fat: 8.63g (13.28%), Saturated Fat: 2.24g (14%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.31g (1.45%), Cholesterol: 110.56mg (36.85%), Sodium: 3206.24mg (139.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.75g (71.49%), Vitamin B1: 1.69mg (112.35%), Selenium: 51.94µg (74.19%), Vitamin B6: 1.38mg (69%), Vitamin B3: 11.7mg (58.51%), Phosphorus: 427.15mg (42.71%), Vitamin B2: 0.59mg (34.81%), Potassium: 778.87mg (22.25%), Zinc: 3.28mg (21.89%), Vitamin B5: 1.49mg (14.88%), Vitamin B12: 0.88µg (14.74%), Magnesium: 53.42mg (13.35%), Iron: 1.94mg (10.8%), Vitamin A: 509.15IU (10.18%), Vitamin E: 1.42mg (9.48%), Copper: 0.18mg (9.15%), Manganese: 0.11mg (5.68%), Fiber: 1.02g (4.07%), Vitamin K: 3.68µg (3.5%), Vitamin D: 0.51µg (3.4%), Calcium: 28.81mg (2.88%), Vitamin C: 1.64mg (1.98%)