



Spicy North African Pork Tenderloin

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 garlic cloves
- ☐ 0.3 teaspoon ground coriander
- ☐ 1.5 teaspoons ground cumin divided
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 pound pork tenderloin trimmed
- ☐ 3 tablespoons juice of lemon divided
- ☐ 3 tablespoons olive oil divided

- ☐ 1 cup greek yogurt plain 2% reduced-fat
- ☐ 0.3 cup bottled roasted bell pepper red
- ☐ 1 tablespoon sambal oelek fresh (ground chile paste)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Place bell pepper, 2 tablespoons olive oil, 2 tablespoons juice, sambal oelek, 1/4 teaspoon salt, 1/2 teaspoon cumin, coriander, and garlic in a food processor; process until smooth.
- ☐ Place harissa in a large bowl.
- ☐ Preheat oven to 425
- ☐ Combine yogurt, mint, 1 tablespoon juice, and 1 teaspoon cumin.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon olive oil; swirl to coat.
- ☐ Sprinkle pork with 1/2 teaspoon salt.
- ☐ Add pork to pan; cook 6 minutes, browning on all sides.
- ☐ Add pork to harissa, turning to coat.
- ☐ Place pork on a rack in a pan; brush with remaining harissa.
- ☐ Bake at 425 for 11 minutes or until a thermometer registers 145
- ☐ Remove from oven; let stand 5 minutes; cut crosswise into 12 slices.
- ☐ Serve with yogurt sauce.

Nutrition Facts



 PROTEIN **45.27%**  FAT **46.43%**  CARBS **8.3%**

Properties

Glycemic Index:8.75, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:19.0226087777751%

Flavonoids

Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 262.52kcal (13.13%), Fat: 13.43g (20.67%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 4.86g (1.77%), Sugar: 2.31g (2.57%), Cholesterol: 76.21mg (25.4%), Sodium: 637.47mg (27.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.47g (58.93%), Vitamin B1: 1.16mg (77.43%), Selenium: 40.24µg (57.49%), Vitamin B6: 0.97mg (48.29%), Vitamin B3: 7.9mg (39.51%), Phosphorus: 361.43mg (36.14%), Vitamin B2: 0.55mg (32.2%), Potassium: 599.33mg (17.12%), Zinc: 2.53mg (16.85%), Vitamin B12: 0.93µg (15.47%), Vitamin C: 10.51mg (12.74%), Vitamin E: 1.82mg (12.13%), Vitamin B5: 1.16mg (11.61%), Iron: 2.01mg (11.15%), Magnesium: 44.03mg (11.01%), Calcium: 84.03mg (8.4%), Copper: 0.15mg (7.54%), Manganese: 0.12mg (6.18%), Vitamin K: 6.43µg (6.13%), Vitamin A: 185.27IU (3.71%), Folate: 10.88µg (2.72%), Fiber: 0.55g (2.19%), Vitamin D: 0.23µg (1.51%)