



Spicy Peach Pork Tenderloin



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



815 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons adobo sauce from chipotle peppers
- ☐ 1 clove garlic minced
- ☐ 0.3 cup honey
- ☐ 1 juice of lime juiced to taste
- ☐ 0.3 cup olive oil
- ☐ 1 peaches fresh pitted thinly sliced
- ☐ 1 pork tenderloin

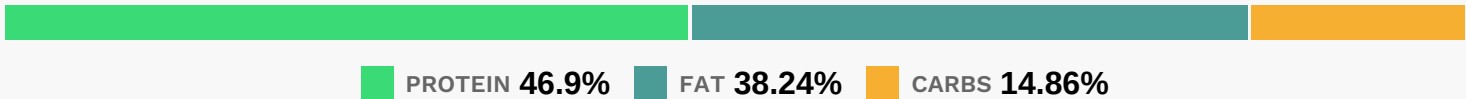
Equipment

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

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Mix honey, olive oil, lime juice, chipotle pepper, 3 tablespoons adobo sauce, and garlic together in a bowl.
- ☐ Place tenderloin in a baking dish; top with peach slices.
- ☐ Pour honey sauce over tenderloin. Cover with a lid or aluminum foil.
- ☐ Bake in the preheated oven until meat is no longer pink in the center, 30 to 45 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).
- ☐ Let rest for 10 minutes; cut into very thin slices.
- ☐ Serve topped with the cooked peaches and pan juices.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:13.51, Inflammation Score:-6, Nutrition Score:40.59956536604%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg,

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 815.44kcal (40.77%), Fat: 34.12g (52.49%), Saturated Fat: 7.85g (49.05%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 28.03g (10.19%), Sugar: 27.22g (30.25%), Cholesterol: 294.77mg (98.26%), Sodium: 242.57mg (10.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 94.15g (188.31%), Vitamin B1: 4.47mg (297.72%), Selenium: 138.54µg (197.91%), Vitamin B6: 3.5mg (174.88%), Vitamin B3: 30.33mg (151.64%), Phosphorus: 1113.58mg (111.36%), Vitamin B2: 1.55mg (91.33%), Zinc: 8.64mg (57.62%), Potassium: 1854.66mg (52.99%), Vitamin B12: 2.36µg (39.3%), Vitamin B5: 3.89mg (38.86%), Magnesium: 126.8mg (31.7%), Iron: 5.04mg (27.97%), Vitamin E: 3.88mg (25.87%), Copper: 0.45mg (22.37%), Vitamin K: 12.02µg (11.45%), Vitamin D: 1.36µg (9.07%), Fiber: 1.79g (7.16%), Manganese: 0.12mg (6.14%), Vitamin C: 4.16mg (5.05%), Calcium: 32.99mg (3.3%), Vitamin A: 135.7IU (2.71%)