



Spicy Pork Tenderloins with Uniq Fruit Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup avocado diced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cups fruit peeled chopped (1)
- ☐ 2 teaspoons garlic minced
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 teaspoon ground pepper red

- ☐ 1 tablespoon honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 pound pork tenderloins trimmed
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 cup bell pepper diced red
- ☐ 0.5 cup onion diced red
- ☐ 1 tablespoon suya seasoning mix salt-free

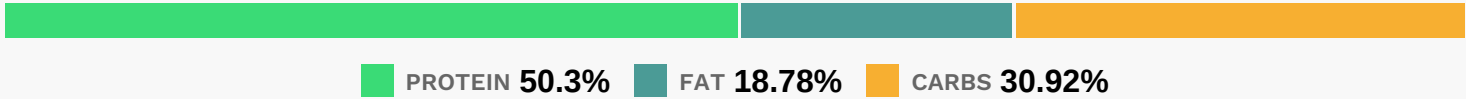
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ grill pan

Directions

- ☐ To prepare the pork, combine the first 6 ingredients in a small bowl. Rub garlic over pork. Rub spice mixture over pork. Cover and chill 1 hour.
- ☐ Preheat oven to 40
- ☐ Heat a cast-iron or ovenproof grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork to pan; cook 4 minutes or until just browned on all sides.
- ☐ Transfer pork to oven.
- ☐ Bake at 400 for 20 minutes or until a thermometer registers 160 (slightly pink).
- ☐ Let pork stand 10 minutes before slicing.
- ☐ Cut into 1/4-inch-thick slices.
- ☐ To prepare salsa, combine Uniq fruit and remaining ingredients in a bowl. Cover and chill until ready to serve.
- ☐ Serve pork with salsa.

Nutrition Facts



Properties

Glycemic Index:41.28, Glycemic Load:1.64, Inflammation Score:-6, Nutrition Score:19.708695961081%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 195.29kcal (9.76%), Fat: 4.1g (6.31%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 12.25g (4.45%), Sugar: 9.84g (10.94%), Cholesterol: 73.71mg (24.57%), Sodium: 356.61mg (15.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.72g (49.45%), Vitamin B1: 1.16mg (77.48%), Selenium: 35.27µg (50.38%), Vitamin B6: 0.99mg (49.38%), Vitamin B3: 8.2mg (41%), Phosphorus: 303.55mg (30.35%), Vitamin B2: 0.44mg (25.83%), Vitamin C: 15.97mg (19.35%), Potassium: 624.34mg (17.84%), Vitamin K: 18.4µg (17.52%), Zinc: 2.38mg (15.9%), Iron: 2.32mg (12.87%), Vitamin B5: 1.18mg (11.85%), Fiber: 2.95g (11.81%), Manganese: 0.23mg (11.69%), Vitamin A: 580.53IU (11.61%), Magnesium: 45.15mg (11.29%), Vitamin B12: 0.58µg (9.64%), Copper: 0.19mg (9.51%), Vitamin E: 0.98mg (6.53%), Folate: 20.05µg (5.01%), Calcium: 49.5mg (4.95%), Vitamin D: 0.23µg (1.51%)