



Spicy Pork with Black Bean and Tomatillo Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



39 min.

SERVINGS



4

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon ground chipotle pepper dried
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound pork tenderloin trimmed
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 4 servings black bean and tomatillo salsa

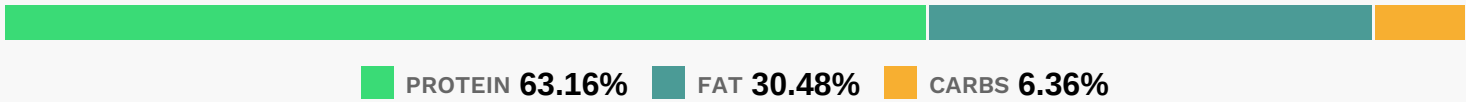
Equipment

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

Directions

- ☐ Combine first 3 ingredients; rub over all sides of pork.
- ☐ Let stand 15 minutes.
- ☐ Heat a large nonstick skillet over medium-high heat; add oil.
- ☐ Add pork and cook 3 minutes; turn and cook 2 to 3 minutes on other side or until browned.
- ☐ Preheat oven to 35
- ☐ Wrap handle of pan with foil.
- ☐ Bake at 350 for 22 minutes or until a thermometer registers 160 (slightly pink).
- ☐ Remove from oven, tent with foil and let stand 5 minutes.
- ☐ Slice pork; serve with Black Bean and Tomatillo Salsa.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:15.25521763155%

Nutrients (% of daily need)

Calories: 159.26kcal (7.96%), Fat: 5.12g (7.88%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 2.22g (0.81%), Sugar: 2.04g (2.26%), Cholesterol: 73.71mg (24.57%), Sodium: 442.55mg (19.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.79%), Vitamin B1: 1.14mg (75.72%), Selenium: 35.03µg (50.04%), Vitamin B6: 0.89mg (44.56%), Vitamin B3: 7.65mg (38.23%), Phosphorus: 283.71mg (28.37%), Vitamin B2: 0.39mg (23.12%), Potassium: 533.72mg (15.25%), Zinc: 2.18mg (14.56%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.96mg (9.63%), Iron: 1.52mg (8.45%), Magnesium: 33.01mg (8.25%), Vitamin A: 317.54IU (6.35%), Copper: 0.11mg (5.51%), Vitamin E: 0.7mg (4.65%), Manganese: 0.04mg (2.02%), Vitamin K: 1.63µg (1.55%), Vitamin C: 1.26mg (1.52%), Vitamin D: 0.23µg (1.51%), Calcium: 11.67mg (1.17%)