



## Stuffed Cuban Pork Tenderloin

READY IN



37 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup bread-and-butter pickles chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.3 teaspoon salt
- ☐ 3 slices swiss cheese halved thin
- ☐ 2 tablespoons whole-grain dijon mustard

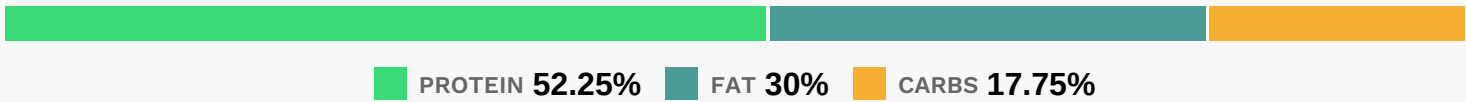
### Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer
- ☐ meat tenderizer
- ☐ kitchen twine

## Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Cut a lengthwise slit down the center of the tenderloin two-thirds of the way through the meat. Open halves, laying tenderloin flat.
- ☐ Place tenderloin between 2 sheets of plastic wrap; pound to 1/2-inch thickness using a meat mallet or heavy skillet.
- ☐ Spread mustard evenly over pork.
- ☐ Sprinkle with cilantro. Arrange cheese and pickles over pork in a single layer.
- ☐ Roll up, starting with long side; secure pork at 1-inch intervals with twine.
- ☐ Sprinkle evenly with salt and pepper.
- ☐ Place the pork on a grill rack coated with cooking spray. Grill 22 minutes or until a thermometer registers 155, turning after 11 minutes.
- ☐ Remove from grill.
- ☐ Let stand, covered, for 5 minutes.
- ☐ Cut into 12 slices.
- ☐ Wine Match: A dry, medium-weight ros, like Crios de Susana Balbo Rose of Malbec, Argentina (\$12), has enough crisp acidity to match the stuffed pork's sweet-tart pickles and tangy Dijon mustard (two ingredients that would put the kibosh on most reds) yet just a smidgen of tannins to tango with the melted Swiss cheese. --Scott Jones

## Nutrition Facts



## Properties

Glycemic Index:45.42, Glycemic Load:5.12, Inflammation Score:-4, Nutrition Score:19.686087162598%

Flavonoids

Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 232.93kcal (11.65%), Fat: 7.57g (11.65%), Saturated Fat: 3.27g (20.44%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 8.89g (3.23%), Sugar: 1.25g (1.39%), Cholesterol: 85.57mg (28.52%), Sodium: 405.42mg (17.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.67g (59.34%), Vitamin B1: 1.23mg (81.96%), Selenium: 47.01µg (67.16%), Vitamin B6: 0.92mg (45.97%), Vitamin B3: 8.75mg (43.74%), Phosphorus: 387.65mg (38.76%), Vitamin B2: 0.48mg (28.44%), Zinc: 2.96mg (19.75%), Vitamin B12: 0.96µg (16.06%), Manganese: 0.31mg (15.3%), Calcium: 150.05mg (15.01%), Potassium: 509.2mg (14.55%), Vitamin B5: 1.21mg (12.08%), Magnesium: 47.07mg (11.77%), Iron: 1.99mg (11.08%), Copper: 0.15mg (7.38%), Vitamin K: 5.59µg (5.33%), Folate: 19.28µg (4.82%), Fiber: 1.18g (4.72%), Vitamin A: 202.2IU (4.04%), Vitamin E: 0.42mg (2.83%), Vitamin D: 0.23µg (1.51%)