



Tamarind Pork with Pineapple-Ginger Chutney

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black freshly ground
- 1.5 teaspoons butter
- 1 tablespoon canola oil
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh grated peeled
- 0.1 teaspoon ground pepper red
- 0.3 cup brown sugar light
- 1 tablespoon lower-sodium soy sauce

- 1 cup onion chopped
- 3 cups pineapple chopped
- 2 pound pork tenderloins
- 1 teaspoon rice vinegar
- 2 tablespoons gold rum
- 0.3 teaspoon salt
- 0.8 teaspoon salt
- 1 serrano chile minced seeded
- 1 tablespoon chili sauce sweet
- 2 teaspoons tamarind paste

Equipment

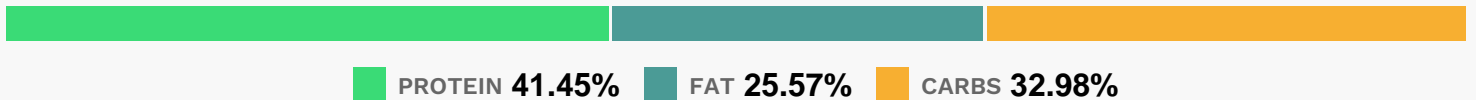
- frying pan
- sauce pan
- oven
- kitchen thermometer
- grill pan

Directions

- To prepare chutney, melt butter in a small saucepan over medium heat.
- Add onion, ginger, and chile to pan; cover and cook 6 minutes or until onion is tender. Uncover. Stir in pineapple and next 3 ingredients (through 1/4 teaspoon salt); bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes or until pineapple is tender, stirring occasionally. Cool 20 minutes; stir in cilantro and red pepper.
- Preheat oven to 40
- To prepare pork, combine chili sauce and next 3 ingredients (through tamarind), stirring to combine. Reserve half of soy mixture.
- Heat a cast-iron grill pan over medium-high heat.
- Sprinkle pork with 3/4 teaspoon salt and black pepper; coat pork with oil.
- Add pork to pan; saut 4 minutes on 1 side or until browned.

- Brush pork with half of soy mixture; turn pork over.
- Place pan in oven; bake at 400 for 16 minutes or until a thermometer inserted in the thickest portion of pork registers 155 (slightly pink).
- Remove pork from pan; let stand 10 minutes.
- Brush pork evenly with reserved soy mixture. Slice pork crosswise into 1/2-inch-thick medallions.
- Serve with chutney.

Nutrition Facts



Properties

Glycemic Index:47.08, Glycemic Load:5.36, Inflammation Score:-4, Nutrition Score:19.529130292975%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 243.43kcal (12.17%), Fat: 6.66g (10.25%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 17.9g (6.51%), Sugar: 15.37g (17.08%), Cholesterol: 75.72mg (25.24%), Sodium: 453.28mg (19.71%), Alcohol: 1.25g (100%), Alcohol %: 0.73% (100%), Protein: 24.3g (48.59%), Vitamin B1: 1.18mg (78.77%), Selenium: 34.68µg (49.54%), Vitamin B6: 0.98mg (48.76%), Vitamin B3: 7.92mg (39.61%), Vitamin C: 31.66mg (38.37%), Manganese: 0.66mg (33%), Phosphorus: 293.51mg (29.35%), Vitamin B2: 0.42mg (24.57%), Potassium: 581.49mg (16.61%), Zinc: 2.26mg (15.08%), Vitamin B5: 1.13mg (11.33%), Magnesium: 44.72mg (11.18%), Vitamin B12: 0.59µg (9.85%), Copper: 0.19mg (9.51%), Iron: 1.49mg (8.29%), Fiber: 1.44g (5.75%), Vitamin E: 0.63mg (4.23%), Folate: 16.8µg (4.2%), Vitamin K: 3.85µg (3.66%), Calcium: 28.93mg (2.89%), Vitamin A: 117.3IU (2.35%), Vitamin D: 0.34µg (2.27%)