



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 soy sauce

- ☐ 1 cup onion chopped
- ☐ 3 cups pineapple chopped
- ☐ 2 pound pork tenderloin
- ☐ 1 teaspoon rice vinegar
- ☐ 2 tablespoons rum
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 1 serrano chiles minced seeded
- ☐ 1 tablespoon chilli sauce sweet
- ☐ 2 teaspoons tamarind paste

Equipment

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

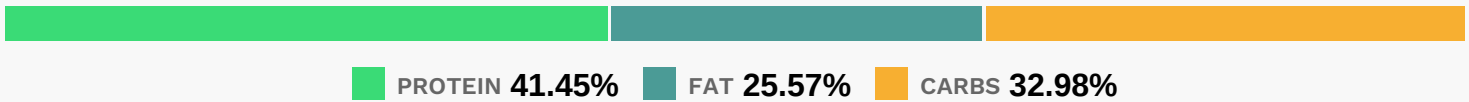
Directions

- ☐ 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.

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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%)