



WHATSheATE



Tandoori Roasted Pork Tenderloin



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 tablespoons ginger fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup yogurt plain
- ☐ 1 lb pork tenderloin dry rinsed

- ☐ 4 servings salt
- ☐ 0.3 teaspoon turmeric

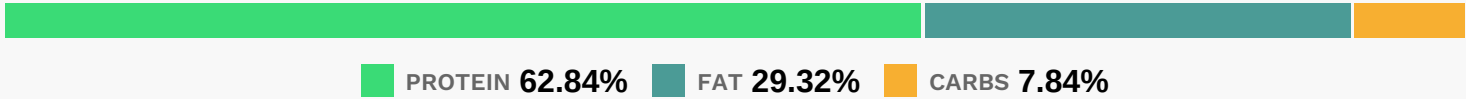
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Set oven racks in top and middle positions and preheat oven to 450F.
- ☐ Mix lemon juice, yogurt, ginger, garlic, 1/2 tsp. salt, cumin, coriander, cayenne and turmeric in a blender until smooth.
- ☐ Place pork in a stainless steel or glass bowl and spoon half of yogurt mixture on top, turning pork to coat.
- ☐ Let stand while oven heats.
- ☐ Transfer tenderloin to a rimmed baking sheet, letting excess marinade drip back into bowl. Roast on middle rack for 10 minutes, turn over, pour remaining yogurt mixture over pork and continue to roast until an instant-read thermometer placed in center of pork reads 145F, 8 to 10 minutes longer.
- ☐ Set oven to broil, place baking sheet on top rack, and broil for 2 to 3 minutes, turning once, until both sides of pork are lightly browned.
- ☐ Transfer to cutting board, tent with foil and let rest 5 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:15.719130641092%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 162.3kcal (8.12%), Fat: 5.13g (7.88%), Saturated Fat: 2g (12.51%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.84g (1.03%), Sugar: 1.62g (1.8%), Cholesterol: 77.69mg (25.9%), Sodium: 267.93mg (11.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.43%), Vitamin B1: 1.13mg (75.26%), Selenium: 35.33µg (50.47%), Vitamin B6: 0.91mg (45.45%), Vitamin B3: 7.58mg (37.92%), Phosphorus: 310.27mg (31.03%), Vitamin B2: 0.43mg (25.37%), Zinc: 2.35mg (15.69%), Potassium: 527.06mg (15.06%), Vitamin B12: 0.7µg (11.72%), Vitamin B5: 1.09mg (10.89%), Magnesium: 37.7mg (9.43%), Iron: 1.33mg (7.4%), Copper: 0.12mg (6.02%), Calcium: 49.94mg (4.99%), Manganese: 0.07mg (3.5%), Vitamin C: 2.41mg (2.92%), Vitamin D: 0.37µg (2.47%), Vitamin E: 0.33mg (2.19%), Vitamin A: 86.55IU (1.73%)