



Texas Style Pesto with Pork Tenderloin and Spanish Rice

READY IN



75 min.

SERVINGS



4

CALORIES



854 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 cups rice
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup canola oil
- ☐ 3 cups chicken stock see
- ☐ 2 cups cilantro leaves fresh
- ☐ 2 teaspoons cilantro leaves fresh chopped for garnish
- ☐ 1 tablespoon garlic chopped
- ☐ 2 cloves garlic peeled

- ☐ 0.5 cup bell pepper diced green
- ☐ 1 tablespoon jalapeno finely chopped
- ☐ 0.3 cup juice of lime
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onions diced
- ☐ 0.5 cup parmesan grated
- ☐ 0.3 cup pecans toasted
- ☐ 32 ounce pork tenderloins
- ☐ 0.5 cup bell pepper diced red
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper black freshly ground

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ pot

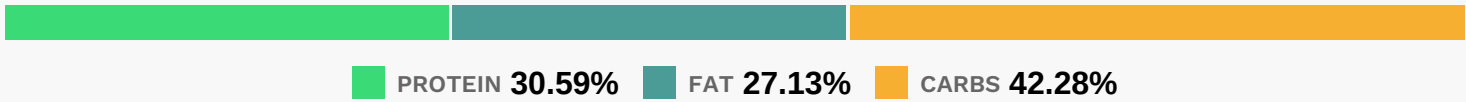
Directions

- ☐ Prepare the pesto by combining all of the ingredients in a food processor and blending well. Set aside until ready to use.
- ☐ To prepare the Spanish rice, heat the olive oil in a large pot over medium heat.
- ☐ Saute the onions, bell peppers, and garlic, and cook for approximately 5 minutes.
- ☐ Add the chicken stock and rice to the pot and stir gently. Bring the liquid to a boil, reduce heat and simmer for 20 minutes. Season with salt and pepper.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In a hot skillet, sear all of the pork tenderloins to seal in the juices and finish cooking in the oven for 30 to 45 minutes. When ready, slice against grain of meat and serve.
- ☐ To plate, place a spoonful of the rice on a plate, top with slices of pork tenderloin, and drizzle some of the pesto on top of the pork.

☐

Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:96.8, Glycemic Load:45.77, Inflammation Score:-9, Nutrition Score:44.910434847293%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg

Nutrients (% of daily need)

Calories: 853.75kcal (42.69%), Fat: 25.26g (38.86%), Saturated Fat: 6.45g (40.3%), Carbohydrates: 88.54g (29.51%), Net Carbohydrates: 85.18g (30.97%), Sugar: 5.89g (6.55%), Cholesterol: 161.32mg (53.77%), Sodium: 1168.46mg (50.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.08g (128.16%), Vitamin B1: 2.45mg (163.23%), Selenium: 90.43µg (129.18%), Vitamin B6: 2.22mg (110.91%), Vitamin B3: 19.9mg (99.51%), Phosphorus: 837.01mg (83.7%), Manganese: 1.52mg (75.89%), Vitamin C: 52.97mg (64.21%), Vitamin B2: 1.06mg (62.4%), Zinc: 6.33mg (42.22%), Potassium: 1410.74mg (40.31%), Vitamin K: 34.01µg (32.39%), Copper: 0.64mg (32.09%), Vitamin B5: 3.15mg (31.49%), Magnesium: 115.78mg (28.95%), Vitamin A: 1356.23IU (27.12%), Iron: 4.02mg (22.33%), Vitamin B12: 1.33µg (22.16%), Calcium: 220.67mg (22.07%), Vitamin E: 2.63mg (17.56%), Fiber: 3.37g (13.46%), Folate: 40.53µg (10.13%), Vitamin D: 0.74µg (4.95%)