



## Tropical Spring Salsa with Pork

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



702 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup baker's angel flake coconut
- 0.3 cup green onion
- 1 cranberry-orange relish seedless peeled chopped
- 1 Tbsp jalapeño pepper seeded chopped
- 8 oz dole pineapple tidbits drained canned
- 3 pork tenderloins (1 lb. each)
- 2 Tbsp lite ranch dressing kraft

### Equipment

## Directions

- Mix all ingredients except pork until well blended.
- Serve over hot sliced pork.

## Nutrition Facts

**PROTEIN 66.93%** **FAT 29.32%** **CARBS 3.75%**

## Properties

Glycemic Index:10.65, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:42.919999998549%

## Flavonoids

Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 702.04kcal (35.1%), Fat: 21.98g (33.82%), Saturated Fat: 7.86g (49.15%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 5.15g (1.87%), Sugar: 4.82g (5.35%), Cholesterol: 354.51mg (118.17%), Sodium: 311.55mg (13.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 112.91g (225.82%), Vitamin B1: 5.38mg (358.82%), Selenium: 165.59µg (236.56%), Vitamin B6: 4.2mg (209.93%), Vitamin B3: 36.11mg (180.54%), Phosphorus: 1337.66mg (133.77%), Vitamin B2: 1.85mg (108.93%), Zinc: 10.27mg (68.49%), Potassium: 2218.87mg (63.4%), Vitamin B12: 2.83µg (47.25%), Vitamin B5: 4.64mg (46.39%), Magnesium: 155.23mg (38.81%), Iron: 5.53mg (30.72%), Copper: 0.54mg (27.1%), Vitamin C: 9.6mg (11.64%), Manganese: 0.22mg (10.98%), Vitamin D: 1.64µg (10.9%), Vitamin K: 10.34µg (9.85%), Vitamin E: 1.32mg (8.81%), Calcium: 47.37mg (4.74%), Fiber: 1.17g (4.69%), Folate: 7.08µg (1.77%), Vitamin A: 81.05IU (1.62%)