



Grilled Pork Tenderloin with Mango Chutney

U.S.

For the chutney:

2 each	Mango, peeled and medium dice
1 Tbsp	Honey
1/4 cup	Red Onion, small dice
1/4 cup	White Vinegar
1/2 cup	Green or Red Bell Pepper, small dice
1 Tbsp	Ginger, fresh, grated (or 1/2 tsp ground)
1/4 tsp	Turmeric, ground
1/8 tsp	Cloves, ground
1/4 tsp	Black Pepper, ground
1/4 tsp	Salt Kosher
1/2 cup	Orange Juice
1/4 tsp	Red Pepper Flakes

Metric

21 g
40 g
60 mL
80 g
9 g
0.4 g
0.5 g
0.6 g
1.5 g
120 mL
0.4 g

For the roasted pork tenderloin:

1 each	Pork Tenderloin, trimmed	1 each
1 Tbsp	Olive Oil	15 mL

Preparation:

For the chutney:

1. Gather all ingredients and equipment.
2. Combine all ingredients in a deep heavy sauce pot.
3. Cook, uncovered, until it begins to simmer gently and continue to cook until
4. Place chutney in small bowl, cover and set aside.

For the pork tenderloin:

1. Preheat oven to 350°F (180°C).
2. Evenly coat the pork tenderloin with the olive oil on all sides.
3. Preheat a grill over medium-high heat.
4. Grill the pork on all sides until golden brown (about 2 minutes on each side).
5. Place the pork on a foil-lined sheet tray and place in the oven for ~20 minutes or until it reaches an internal temperature of 145°F
6. Remove from oven and allow to rest for 5 minutes. Slice the meat into 1/4 inch slices and serve with a 1/4 cup of the mango chutney on top.

Nutrition Facts

4 Servings

Serving size 4 oz pork + 1/4 cup chutney

Amount per serving

Calories 340

Calories from Fat 70

Total Fat 8 g

Saturated Fat 2 g

Trans Fat 0 g

Monounsaturated Fat 4 g

Cholesterol 110 mg

Sodium 210 mg

Total Carbohydrate 32 g

Dietary Fiber 3 g

Total Sugars 28 g

Includes 4g Added Sugars

Protein 37 g

Vitamin D 0 %

Calcium 4 %

Iron 10 %

Potassium 1015 mg

Phosphorus 450 mg
