

Jamaican Pork Tenderloin with Mango Habanero Salsa

Yield: 8 min
Total Time: 610 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-pork-tenderloin-recipe>

Ingredients:

- 2 pounds pork tenderloin
- 2 cups green onions chopped
- 1 Orange zested and juiced
- 1/2 cup diced red onion
- 2 tablespoons apple cider vinegar
- 1 tablespoon worcestershire sauce
- 1 tablespoon vegetable oil
- 2 teaspoons salt
- 2 teaspoons brown sugar
- 2 teaspoons fresh ginger grated
- 1 teaspoon allspice
- 1/4 teaspoon paprika
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon black pepper
- 1/2 teaspoon ground cinnamon
- 2 cloves garlic
- 1 habanero or Scotch bonnet pepper, minced, wear gloves please!
- 1 jalapeno pepper stemmed and seeded
- banana leaves for wrapping
- 1 mango peeled and diced
- 1/4 cup diced red onion
- 1/4 cup red bell pepper diced
- 2 tablespoons green onions chopped
- 2 tablespoons mint leaves chiffonade
- 1 lime zested and juiced
- 1 habanero minced
- salt
- freshly ground black pepper

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 75 milligrams
4. Fat: 6 grams
5. Fiber: 4 grams
6. Protein: 25 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 770 milligrams
9. Sugar: 7 grams

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