

Mexican Spiced Pork Tenderloin

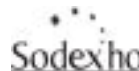
NUTRITION DATA

Serving Size:	4 oz. / 113 g
Amount Per Serving:	
Calories:	196
Calories from Fat:	52
	<i>% Daily Value*</i>
Total Fat	5.8 g 9%
Saturated Fat	2 g 10%
Trans Fat	NA
Cholesterol	92.9 mg 31%
Sodium	130.2 mg 5%
Total Carbohydrate	0.4 g 0%
Dietary Fiber	0.2 g 0%
Sugars	0.1 g 0%
Protein	33.2 g
Vitamin A	4%
Vitamin C	1%
Calcium	1%
Iron	11%

* Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.



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INGREDIENTS:

- 1/2 tsp. Ground Cumin
- 1/2 tsp. Chili Powder
- 1/4 tsp. Oregano Leaves, Dried
- 1/8 tsp. Garlic Powder
- 1/8 tsp. Salt
- 1/8 tsp. Ground Black Pepper
- Dash of Cayenne Pepper
- 1 lbs. 5 ounces Pork Tenderloin, Raw

DIRECTIONS:

1. Combine cumin, chili powder, oregano leaves, garlic powder, salt, black pepper and cayenne pepper for rub. Mix well.
2. Rub seasoning mixture evenly over pork. Spray surface of pork with non-stick spray. Place on rack in roasting pan.
3. Roast pork in a 375° F oven for 30 minutes. Remove from oven. Let stand for 10 minutes before slicing. Slice diagonally across the grain into thin slices.

Portion: Serve 4 oz.

Yield: 4 - 4 oz portions

Serving Suggestion: Serve with Rice & Beans



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SHOPPING LIST

- 1 lb plus 5 ounces Pork Tenderloin
- Cumin
- Chili Powder
- Salt
- Ground Black Pepper
- Cayenne Pepper
- Garlic Powder
- Oregano Leaves



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