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HEALTH SCORE

Asian Marinated Pork Tenderloin

 Dairy Free  Very Healthy

READY IN

ready

50 min.

SERVINGS

servings

2

CALORIES

calories

3309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound baby spinach dried washed
- ☐ 2 servings canola oil
- ☐ 1 teaspoon asian chile paste sambal olek
- ☐ 1 clove garlic smashed finely chopped
- ☐ 2 cloves garlic smashed
- ☐ 1 inch ginger finely chopped
- ☐ 2 teaspoons ginger finely chopped
- ☐ 2 servings ice cubes

- ☐ 2 servings kosher salt
- ☐ 2 servings olive oil extra-virgin
- ☐ 1 tablespoon orange zest
- ☐ 2 pork loin chops boneless
- ☐ 2 tablespoons rice wine vinegar
- ☐ 1 scallion light white green thinly sliced
- ☐ 2 scallions sliced
- ☐ 0.3 cup soya sauce
- ☐ 1 pound sugar snap peas

Equipment

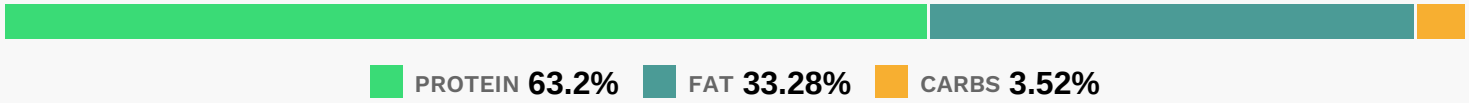
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large bowl, combine the soy sauce, rice wine vinegar, chile paste, ginger, garlic, scallions, and orange zest.
- ☐ Add the pork to the bowl and turn to coat with the marinade.
- ☐ Let the chops sit in the marinade for a few minutes.
- ☐ Coat a large saute pan with oil and bring to a high heat.
- ☐ Remove the chops from the marinade, shaking off any excess. Reserve the marinade. Sear the chops 4 to 5 minutes on each side.
- ☐ Remove the pork from the pan.
- ☐ Ditch the excess oil from the pan.
- ☐ Place the saute pan on the hottest burner.
- ☐ Add the marinade to the pan—it should come to a boil instantly. WARNING: This liquid MUST be brought to a boil to kill any bacteria from the raw meat juices.
- ☐ Turn off the heat.

- ☐ Place 2 chops on a plate, spoon a few drops of the marinade over top, and serve with Sugar Snap Peas and Spinach with Ginger.
- ☐ Bring a large pot of well-salted water to a boil over high heat. Set up a bowl of well-salted ice water. Blanch the snap peas in the boiling water until they are cooked but still crunchy, and then immediately plunge them into the salted ice water.
- ☐ Remove them from the ice water and reserve.
- ☐ Coat a large saute pan with oil.
- ☐ Add the ginger, garlic, and scallions and cook over medium-high heat until the scallions are soft and translucent.
- ☐ Add the sugar snap peas and toss to coat in the oil.
- ☐ Add the spinach and toss with the peas until the spinach starts to wilt.
- ☐ Remove from the heat, season with salt. Toss or stir the spinach to finish wilting and transfer to a serving bowl.
- ☐ Snappy!

Nutrition Facts



Properties

Glycemic Index:125.5, Glycemic Load:1.55, Inflammation Score:-10, Nutrition Score:85.717826179836%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 7.49mg, Kaempferol: 7.49mg, Kaempferol: 7.49mg, Kaempferol: 7.49mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 3308.91kcal (165.45%), Fat: 118.15g (181.77%), Saturated Fat: 30.54g (190.89%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 18.49g (6.72%), Sugar: 10.83g (12.03%), Cholesterol: 1382.85mg (460.95%), Sodium: 2996.29mg (130.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 504.93g (1009.85%), Selenium: 611.89µg (874.13%), Vitamin B6: 17.3mg (864.96%), Vitamin B1: 10.2mg (679.72%), Vitamin B3: 129.66mg (648.32%), Vitamin K: 660.19µg (628.76%), Phosphorus: 5170.2mg (517.02%), Zinc: 41.01mg (273.39%), Potassium: 9463.79mg (270.39%), Vitamin B2: 4.57mg (268.83%), Vitamin A: 13296.05IU (265.92%), Vitamin C: 177.49mg (215.13%), Vitamin B12: 11.19µg (186.57%), Magnesium: 735.09mg (183.77%), Vitamin B5: 18.3mg (183.03%), Iron: 20.84mg

(115.77%), Manganese: 1.99mg (99.74%), Copper: 1.7mg (84.79%), Folate: 333.88µg (83.47%), Vitamin E: 10.64mg (70.91%), Vitamin D: 8.78µg (58.53%), Fiber: 9.63g (38.51%), Calcium: 355.55mg (35.56%)