



Asian Peanut Slaw with Pork

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



554 kcal

SIDE DISH

Ingredients

- 0.3 tsp pepper black freshly ground
- 2 cups thinly cabbage shredded red
- 0.3 cup canola oil
- 0.5 cup cilantro leaves fresh chopped
- 0.3 cup green onions sliced
- 0.3 cup juice of lime fresh
- 24 oz pork chops boneless
- 0.5 cup bell pepper red thinly sliced

- 1 teaspoon chile flakes red crushed
- 0.5 cup roasted peanuts unsalted
- 0.3 tsp salt
- 2 cups thinly savoy cabbage shredded
- 2 tablespoons soya sauce
- 2 tablespoons sugar

Equipment

- bowl
- broiler

Directions

- Preheat broiler. In a small bowl, mix oil, lime juice, soy sauce, sugar, and chile flakes. Put pork in a medium bowl and coat with 3 tbsp. dressing.
- Broil pork chops, turning once, until done the way you like, 7 minutes for medium.
- Let rest 10 minutes before slicing 1/4 in. thick.
- Meanwhile, in a medium bowl, combine cabbages, cilantro, bell pepper, and green onions.
- Add remaining dressing and peanuts to slaw mixture and stir to combine. Season with salt and pepper to taste. Divide slaw among 4 plates and top with pork.

Nutrition Facts



Properties

Glycemic Index:72.27, Glycemic Load:5.45, Inflammation Score:-9, Nutrition Score:35.300869672195%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 554.05kcal (27.7%), Fat: 35.14g (54.06%), Saturated Fat: 6.65g (41.58%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 13.35g (4.85%), Sugar: 10.19g (11.32%), Cholesterol: 113.97mg (37.99%), Sodium: 758.18mg (32.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.69g (87.38%), Vitamin B3: 17.08mg (85.38%), Selenium: 58.73µg (83.89%), Vitamin B1: 1.23mg (82.23%), Vitamin K: 81.54µg (77.65%), Vitamin B6: 1.53mg (76.27%), Vitamin C: 53.76mg (65.16%), Phosphorus: 498.1mg (49.81%), Manganese: 0.62mg (31.16%), Potassium: 1005.47mg (28.73%), Vitamin E: 4.29mg (28.58%), Vitamin A: 1328.02IU (26.56%), Magnesium: 100.49mg (25.12%), Vitamin B2: 0.42mg (24.78%), Zinc: 3.46mg (23.03%), Folate: 77.85µg (19.46%), Fiber: 4.44g (17.76%), Vitamin B5: 1.76mg (17.65%), Vitamin B12: 0.9µg (15.03%), Copper: 0.24mg (11.9%), Iron: 1.98mg (11.01%), Calcium: 62.16mg (6.22%), Vitamin D: 0.68µg (4.54%)