



Asian Pork and Pineapple Salad

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

READY IN



45 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces arugula trimmed
- 2 teaspoons bottled garlic minced
- 0.5 teaspoon bottled ginger fresh minced
- 1.5 tablespoons fish sauce
- 0.5 cup basil fresh chopped
- 1 pound pork tenderloin trimmed cut into 3/4-inch pieces
- 2 tablespoons juice of lime fresh
- 1 tablespoon soya sauce low-sodium

- 1 teaspoon jalapeño peppers minced
- 15.3 ounce pineapple chunks in juice undrained canned
- 0.5 cup onion red vertically sliced
- 1 teaspoon sugar
- 2 teaspoons vegetable oil

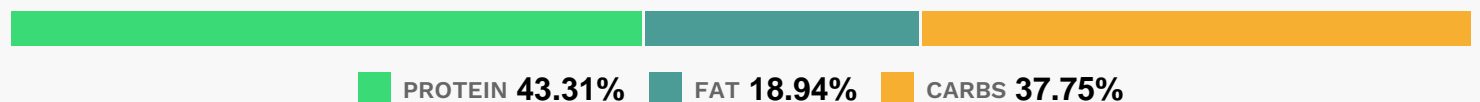
Equipment

- bowl
- frying pan

Directions

- Drain pineapple, reserving 1 tablespoon juice. Discard remaining pineapple juice. Set pineapple aside.
- Combine reserved pineapple juice, lime juice, fish sauce, sugar, and garlic.
- Place reserved pineapple chunks, onion, and the next 4 ingredients (onion through ginger) in a large bowl.
- Drizzle 2 tablespoons lime juice mixture over onion mixture; toss gently.
- Combine remaining lime juice mixture with pork, stirring well.
- Heat the oil in a large nonstick skillet over medium-high heat.
- Add pork, and saut 3 minutes or until done.
- Add pork to onion mixture; toss well.
- Serve over arugula.

Nutrition Facts



Properties

Glycemic Index:61.02, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:23.267826235813%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg Kaempferol: 10.03mg, Kaempferol: 10.03mg, Kaempferol: 10.03mg, Kaempferol: 10.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 239.05kcal (11.95%), Fat: 5.11g (7.86%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 20.49g (7.45%), Sugar: 18.3g (20.34%), Cholesterol: 73.71mg (24.57%), Sodium: 765.18mg (33.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.54%), Vitamin B1: 1.27mg (84.98%), Vitamin B6: 1.08mg (54.09%), Selenium: 36.57µg (52.24%), Vitamin K: 48.57µg (46.26%), Vitamin B3: 8.26mg (41.31%), Phosphorus: 322.31mg (32.23%), Vitamin B2: 0.46mg (27.1%), Vitamin C: 19.65mg (23.82%), Potassium: 786.49mg (22.47%), Magnesium: 80.33mg (20.08%), Vitamin A: 911.46IU (18.23%), Zinc: 2.53mg (16.86%), Copper: 0.28mg (13.84%), Manganese: 0.25mg (12.35%), Iron: 2.15mg (11.94%), Vitamin B5: 1.17mg (11.65%), Folate: 45.01µg (11.25%), Vitamin B12: 0.61µg (10.18%), Fiber: 2.4g (9.61%), Calcium: 88.31mg (8.83%), Vitamin E: 0.65mg (4.33%), Vitamin D: 0.23µg (1.51%)