



Asian Pork and Vegetable Salad

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 lb pork tenderloin
- ☐ 2 teaspoons vegetable oil
- ☐ 2 teaspoons five-spice powder chinese
- ☐ 0.3 teaspoon garlic powder
- ☐ 6 cups cabbage chinese finely sliced (napa) ()
- ☐ 1 cup snow peas halved
- ☐ 1 bell pepper red cut into 2x1/4-inch strips
- ☐ 0.5 can hearts of palm cubed drained (14 oz size)

- ☐ 2 tablespoons sesame seed toasted
- ☐ 0.3 cup soy sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons rice vinegar

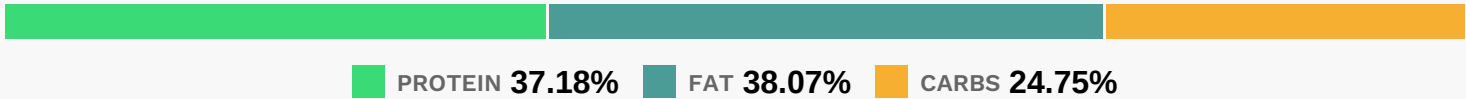
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Heat gas or charcoal grill. Rub pork tenderloins with 2 teaspoons oil.
- ☐ Sprinkle with five-spice powder and garlic powder.
- ☐ Place pork on grill over medium heat. Cook 20 minutes, turning 3 or 4 times, until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F.
- ☐ Let stand 5 minutes before slicing.
- ☐ In large bowl, mix all remaining salad ingredients except sesame seed. In small bowl, beat all dressing ingredients with wire whisk until smooth and thick.
- ☐ Pour over salad; toss to coat. Spoon salad onto 6 individual serving plates.
- ☐ Slice pork; arrange over individual salads.
- ☐ Sprinkle with sesame seed.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:25.750434730364%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 279.19kcal (13.96%), Fat: 11.59g (17.84%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 16.96g (5.65%), Net Carbohydrates: 14.04g (5.11%), Sugar: 10.84g (12.05%), Cholesterol: 73.71mg (24.57%), Sodium: 247.5mg (10.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.96%), Vitamin B1: 1.21mg (80.88%), Vitamin C: 60.81mg (73.71%), Vitamin K: 69.35µg (66.05%), Vitamin B6: 1.06mg (53.1%), Selenium: 35.68µg (50.97%), Vitamin B3: 8.07mg (40.37%), Phosphorus: 325.19mg (32.52%), Vitamin B2: 0.45mg (26.29%), Potassium: 654.75mg (18.71%), Vitamin A: 869.69IU (17.39%), Zinc: 2.55mg (17.03%), Magnesium: 54.84mg (13.71%), Manganese: 0.26mg (12.98%), Vitamin B5: 1.29mg (12.85%), Iron: 2.25mg (12.52%), Folate: 48.75µg (12.19%), Copper: 0.24mg (12.04%), Fiber: 2.92g (11.67%), Vitamin B12: 0.59µg (9.83%), Vitamin E: 1.23mg (8.22%), Calcium: 69.65mg (6.96%), Vitamin D: 0.34µg (2.27%)