

Asian Pork Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons bourbon
- 3 tablespoons brown sugar
- 8 ounce water chestnuts drained sliced canned
- 0.3 teaspoon pepper red crushed
- 1 garlic clove minced
- 2 teaspoons hoisin sauce
- 11 ounce mandarin oranges in syrup light drained canned
- 1 tablespoon mirin sweet (rice wine)

- 0.8 cup orange juice divided
- 1 pound pork tenderloin
- 1 large bell pepper red sliced into rings
- 0.5 cup onion red separated sliced
- 1 tablespoon rice vinegar
- 4 servings try build-a-meal
- 8 cups gourmet salad greens
- 1 teaspoon sesame oil
- 2 tablespoons sesame seed toasted
- 0.3 cup teriyaki sauce low-sodium divided

Equipment

- bowl
- frying pan
- ziploc bags

Directions

- Combine 1/2 cup plus 2 tablespoons orange juice, 2 tablespoons teriyaki sauce, vinegar, and next 4 ingredients (vinegar through garlic) in a small bowl; stir well. Cover and chill.
- Combine 2 tablespoons orange juice, 2 tablespoons teriyaki sauce, brown sugar, bourbon, and crushed red pepper in a large zip-top plastic bag. Trim fat from pork; slice pork into 3 x 1/2-inch-wide strips.
- Add pork to bag. Seal; toss to coat. Marinate in refrigerator 15 minutes.
- Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- Add pork and marinade; cook 8 minutes or until pork is done and liquid almost evaporates.
- Remove from heat. Divide greens, onion, oranges, water chestnuts, and bell pepper evenly among 4 plates. Top each serving with 1 cup pork mixture; drizzle 1/4 cup orange juice mixture over each salad.
- Sprinkle each with 1 1/2 teaspoons sesame seeds.

Nutrition Facts

PROTEIN 30.76% FAT 18.45% CARBS 50.79%

Properties

Glycemic Index:70.75, Glycemic Load:7.39, Inflammation Score:-10, Nutrition Score:32.162173716918%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 11.75mg, Hesperetin: 11.75mg, Hesperetin: 11.75mg, Hesperetin: 11.75mg Naringenin: 8.81mg, Naringenin: 8.81mg, Naringenin: 8.81mg, Naringenin: 8.81mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 388.17kcal (19.41%), Fat: 7.69g (11.84%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 47.65g (15.88%), Net Carbohydrates: 41.91g (15.24%), Sugar: 28.77g (31.97%), Cholesterol: 73.77mg (24.59%), Sodium: 818.21mg (35.57%), Alcohol: 3.11g (100%), Alcohol %: 0.81% (100%), Protein: 28.86g (57.72%), Vitamin C: 117.96mg (142.98%), Vitamin B1: 1.31mg (87.2%), Vitamin B6: 1.37mg (68.27%), Vitamin A: 2856.81IU (57.14%), Selenium: 38µg (54.29%), Vitamin B3: 9.68mg (48.38%), Phosphorus: 426.25mg (42.63%), Vitamin B2: 0.56mg (32.83%), Potassium: 1113.19mg (31.81%), Manganese: 0.53mg (26.39%), Copper: 0.5mg (24.9%), Magnesium: 94.77mg (23.69%), Fiber: 5.74g (22.96%), Folate: 89.86µg (22.47%), Zinc: 3.25mg (21.66%), Iron: 3.88mg (21.57%), Vitamin B5: 1.65mg (16.54%), Calcium: 116.4mg (11.64%), Vitamin E: 1.61mg (10.73%), Vitamin B12: 0.59µg (9.83%), Vitamin K: 2.66µg (2.53%), Vitamin D: 0.34µg (2.27%)