



## Asian Pork Salad

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

READY IN



20 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 tablespoons soya sauce
- 1 tablespoon chili puree with garlic
- 1 teaspoon vegetable oil
- 0.5 pound pork tenderloin cut into 1 1/2x 1/2-inch strips
- 8 ounces coleslaw mix
- 1 small bell pepper red cut into 1/2-inch strips
- 15 oz black beans rinsed drained canned

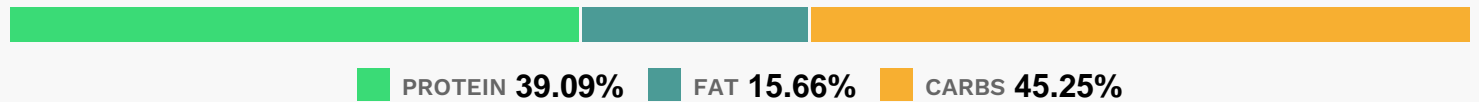
## Equipment

- bowl
- frying pan

## Directions

- In small bowl, mix soy sauce, chili puree and oil.
- Mix pork and 1 tablespoon of the soy sauce mixture; reserve remaining soy sauce mixture.
- Spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook pork in skillet, stirring occasionally, until no longer pink in center.
- Place pork in large bowl.
- Add remaining soy sauce mixture and all remaining ingredients; toss.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:1.12, Inflammation Score:-7, Nutrition Score:21.2299999848034%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 201.58kcal (10.08%), Fat: 3.56g (5.47%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 23.13g (7.71%), Net Carbohydrates: 13.54g (4.92%), Sugar: 2.99g (3.32%), Cholesterol: 36.85mg (12.28%), Sodium: 951.44mg (41.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.95%), Vitamin C: 47.3mg (57.34%), Vitamin B1: 0.76mg (50.37%), Vitamin K: 46.07µg (43.87%), Fiber: 9.58g (38.33%), Vitamin B6: 0.63mg (31.72%), Phosphorus: 283.85mg (28.38%), Selenium: 18.82µg (26.89%), Vitamin B3: 5.08mg (25.38%), Folate: 99.36µg (24.84%), Vitamin B2: 0.37mg (21.81%), Manganese: 0.41mg (20.6%), Potassium: 704.77mg (20.14%), Iron: 3.22mg (17.88%), Magnesium: 65.14mg (16.29%), Copper: 0.28mg (14.03%), Vitamin A: 640.37IU (12.81%), Zinc: 1.82mg (12.14%), Vitamin B5: 0.88mg (8.83%), Calcium: 66.39mg (6.64%), Vitamin B12: 0.29µg (4.91%), Vitamin E: 0.59mg (3.96%), Vitamin D: 0.17µg (1.13%)