



Black Bean and Pork Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 small head bibb lettuce
- ☐ 15 ounce no-salt-added black beans drained canned
- ☐ 0.8 pound pork loin boneless lean cut into thin strips
- ☐ 1 teaspoon garlic minced
- ☐ 1 green onion sliced
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup orange juice

- ☐ 26 ounce orange sections peeled drained
- ☐ 2 tablespoons red wine vinegar

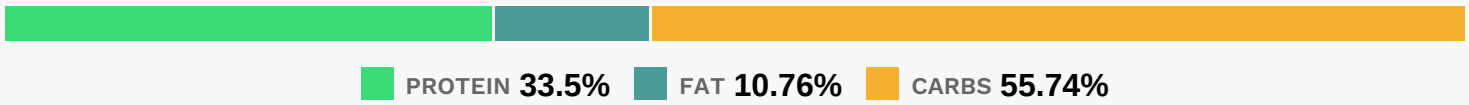
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add pork and garlic; cook 3 minutes or until pork is done, stirring often.
- ☐ Combine orange juice and next 3 ingredients in a small bowl, beating with a wire whisk until blended.
- ☐ Wash lettuce leaves; arrange on a serving platter. Arrange beans, pork, and orange sections over lettuce leaves.
- ☐ Drizzle with orange juice mixture, and sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:54.63, Glycemic Load:13.92, Inflammation Score:-10, Nutrition Score:31.83695672906%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 53.92mg, Hesperetin: 53.92mg, Hesperetin: 53.92mg, Hesperetin: 53.92mg Naringenin: 28.89mg, Naringenin: 28.89mg, Naringenin: 28.89mg, Naringenin: 28.89mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 362.77kcal (18.14%), Fat: 4.44g (6.82%), Saturated Fat: 1.26g (7.91%), Carbohydrates: 51.73g (17.24%), Net Carbohydrates: 37.4g (13.6%), Sugar: 20.31g (22.57%), Cholesterol: 53.58mg (17.86%), Sodium: 46.36mg (2.02%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.09g (62.19%), Vitamin C: 115.97mg (140.57%), Folate: 254.82µg (63.71%), Fiber: 14.33g (57.31%), Vitamin B1: 0.85mg (56.75%), Vitamin K: 48.04µg (45.75%), Vitamin B6: 0.89mg (44.34%), Phosphorus: 388.14mg (38.81%), Vitamin A: 1914.66IU (38.29%), Selenium: 26.24µg (37.48%), Potassium: 1206.38mg (34.47%), Manganese: 0.67mg (33.31%), Magnesium: 125.21mg (31.3%), Vitamin B3: 6.26mg (31.28%), Zinc: 2.98mg (19.85%), Iron: 3.57mg (19.83%), Vitamin B2: 0.33mg (19.68%), Copper: 0.38mg (19.06%), Vitamin B5: 1.48mg (14.79%), Calcium: 128.63mg (12.86%), Vitamin B12: 0.43µg (7.23%), Vitamin E: 0.58mg (3.88%), Vitamin D: 0.34µg (2.27%)