



Chinese Black Pepper Pork and Spinach Salad

 Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



622 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 qts baby spinach
- 1 qt bean sprouts
- 2 medium garlic clove minced
- 1 cup cucumber english sliced
- 0.3 cup oyster sauce
- 1 tablespoon pepper
- 1.5 pounds pork loin chops (4)
- 1 large onion red thick cut into slices

- 2 tablespoons sugar
- 0.3 cup rice vinegar
- 0.3 cup vegetable oil

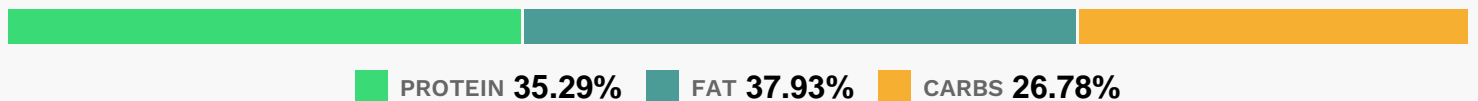
Equipment

- bowl
- paper towels
- grill
- tongs

Directions

- Heat a grill to high (450 to 550).
- Mix oyster sauce, oil, pepper, and garlic in a large bowl.
- Brush 3 tbsp. oyster sauce mixture over pork and 2 tbsp. over onion. Set remaining sauce mixture aside.
- Oil cooking grate with a wad of paper towels, using tongs. Grill onion and pork, turning once, until grill marks appear, 6 to 8 minutes total for onion and 8 to 10 minutes total for pork.
- Let rest about 5 minutes.
- Meanwhile, stir vinegar and sugar into remaining oyster sauce mixture.
- Add spinach, sprouts, and cucumber, tossing to coat.
- Divide salad among plates. Thinly slice pork across the grain and arrange over salads. Separate onion slices into rings and lay on pork slices.
- Drizzle pork with any remaining juices and dressing.
- *Find in the Asian foods aisle.

Nutrition Facts



Properties

Glycemic Index:60.27, Glycemic Load:7.25, Inflammation Score:-10, Nutrition Score:73.196087090865%

Flavonoids

Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 31.19mg, Kaempferol: 31.19mg, Kaempferol: 31.19mg, Kaempferol: 31.19mg Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg Quercetin: 24.76mg, Quercetin: 24.76mg, Quercetin: 24.76mg, Quercetin: 24.76mg

Nutrients (% of daily need)

Calories: 621.59kcal (31.08%), Fat: 27.88g (42.89%), Saturated Fat: 6.7g (41.9%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 28.55g (10.38%), Sugar: 19.38g (21.53%), Cholesterol: 113.97mg (37.99%), Sodium: 1000.11mg (43.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.36g (116.73%), Vitamin K: 2395.43µg (2281.36%), Vitamin A: 44462.44IU (889.25%), Folate: 1072.53µg (268.13%), Manganese: 5mg (249.78%), Vitamin C: 167.44mg (202.96%), Vitamin B6: 2.44mg (121.76%), Magnesium: 477.77mg (119.44%), Vitamin B1: 1.73mg (115.24%), Potassium: 3742.61mg (106.93%), Vitamin B3: 19.15mg (95.77%), Selenium: 63.95µg (91.35%), Vitamin B2: 1.55mg (91.05%), Iron: 16.18mg (89.86%), Phosphorus: 768.02mg (76.8%), Vitamin E: 11.21mg (74.72%), Fiber: 15.73g (62.94%), Copper: 1.17mg (58.72%), Calcium: 538.47mg (53.85%), Zinc: 6.27mg (41.79%), Vitamin B5: 2.58mg (25.77%), Vitamin B12: 0.98µg (16.35%), Vitamin D: 0.68µg (4.54%)