



Gingered Tenderloin Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 tablespoons sesame oil dark
- 0.5 cup ginger preserves
- 0.3 cup soya sauce low-sodium
- 6 cups napa cabbage shredded chinese (or other cabbage)
- 1 pound pork tenderloin
- 1 cup bell pepper sweet red thinly sliced
- 0.3 cup rice vinegar

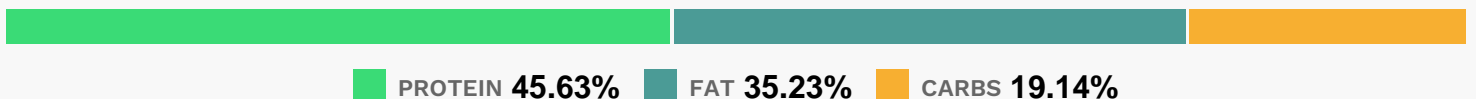
Equipment

- sauce pan
- grill
- kitchen thermometer
- ziploc bags

Directions

- Combine first 4 ingredients in a small saucepan.
- Place over medium heat; bring to a boil, stirring constantly.
- Remove from heat, and let cool completely.
- Trim fat from tenderloin.
- Place tenderloin in a large heavy-duty, zip-top plastic bag.
- Pour half of soy sauce mixture over tenderloin; reserve remaining soy sauce mixture. Seal bag, and shake until tenderloin is well coated. Marinate in refrigerator at least 2 hours, turning bag occasionally.
- Remove tenderloin from marinade, reserving marinade. Insert meat thermometer into thickest part of tenderloin, if desired.
- Place marinade in a small saucepan. Bring to a boil; remove from heat, and set aside. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place tenderloin on rack; grill, covered, 20 minutes or until meat thermometer registers 160, turning and basting occasionally with reserved marinade.
- Let tenderloin stand 10 minutes; slice diagonally across grain into thin slices.
- Combine cabbage and red pepper.
- Pour remaining half of soy sauce mixture over cabbage mixture; toss lightly. Spoon cabbage mixture evenly onto individual salad plates. Arrange tenderloin slices over cabbage mixture.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:2.9, Inflammation Score:-9, Nutrition Score:28.228261190912%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 253.71kcal (12.69%), Fat: 10.03g (15.43%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 11.09g (4.03%), Sugar: 1.88g (2.09%), Cholesterol: 73.71mg (24.57%), Sodium: 860.44mg (37.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.23g (58.45%), Vitamin B1: 1.16mg (77.35%), Vitamin C: 57.88mg (70.16%), Vitamin B6: 1.14mg (57%), Selenium: 35.89µg (51.28%), Vitamin B3: 9.59mg (47.95%), Manganese: 0.8mg (39.79%), Folate: 156.8µg (39.2%), Vitamin A: 1957.57IU (39.15%), Phosphorus: 382.45mg (38.24%), Vitamin B2: 0.54mg (31.99%), Potassium: 910.28mg (26.01%), Copper: 0.43mg (21.7%), Iron: 3.85mg (21.36%), Magnesium: 79.12mg (19.78%), Zinc: 2.84mg (18.96%), Vitamin B5: 1.26mg (12.65%), Calcium: 105.98mg (10.6%), Vitamin B12: 0.59µg (9.83%), Vitamin E: 1.03mg (6.87%), Fiber: 1.17g (4.68%), Vitamin K: 2.55µg (2.43%), Vitamin D: 0.34µg (2.27%)