



Grecian Pork Tenderloin Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups cucumber divided peeled sliced
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 1 bell pepper green
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1.5 teaspoons olive oil

- ☐ 8 olives pitted ripe
- ☐ 0.5 cup onion separated thinly sliced
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 0.5 cup radishes thinly sliced
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 4 cups tightly torn romaine lettuce packed
- ☐ 2 tomatoes cut into 8 wedges
- ☐ 8 ounce carton yogurt plain fat-free

Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Combine first 4 ingredients in a large heavy-duty zip-top plastic bag; add pork, turning to coat. Seal bag, and marinate in refrigerator 30 minutes, turning bag occasionally.
- ☐ Place 1/2 cup cucumber, dill, and yogurt in a food processor; process 10 seconds or until smooth, scraping sides of processor bowl once.
- ☐ Prepare grill.
- ☐ Remove pork from bag; discard marinade.
- ☐ Place on a grill rack coated with cooking spray. Cover and grill 25 minutes or until a meat thermometer registers 155, turning occasionally.
- ☐ Remove from grill; let stand 10 minutes or until thermometer registers 16
- ☐ Cut into thin slices.
- ☐ Divide lettuce among 4 plates; top evenly with remaining cucumber, onion, and next 6 ingredients. Top evenly with pork. Top each with 6 tablespoons dressing.
- ☐ carbo rating: 13

Nutrition Facts

PROTEIN 49.17% FAT 27.57% CARBS 23.26%

Properties

Glycemic Index:49.75, Glycemic Load:1.49, Inflammation Score:-10, Nutrition Score:32.770000219345%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 247.64kcal (12.38%), Fat: 7.57g (11.65%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 10.72g (3.9%), Sugar: 9.12g (10.14%), Cholesterol: 82.41mg (27.47%), Sodium: 341.45mg (14.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.38g (60.77%), Vitamin A: 4843.09IU (96.86%), Vitamin B1: 1.28mg (85.08%), Vitamin K: 63.5µg (60.47%), Vitamin B6: 1.17mg (58.74%), Selenium: 38.87µg (55.53%), Vitamin C: 40.33mg (48.89%), Phosphorus: 454.5mg (45.45%), Vitamin B3: 8.52mg (42.59%), Vitamin B2: 0.67mg (39.51%), Potassium: 1062.93mg (30.37%), Folate: 101.71µg (25.43%), Zinc: 3.38mg (22.51%), Calcium: 214.43mg (21.44%), Magnesium: 71.5mg (17.87%), Vitamin B12: 1.07µg (17.8%), Vitamin B5: 1.74mg (17.36%), Manganese: 0.32mg (15.78%), Fiber: 3.65g (14.6%), Iron: 2.42mg (13.45%), Copper: 0.26mg (12.91%), Vitamin E: 1.4mg (9.33%), Vitamin D: 0.26µg (1.74%)