



Grilled Pork and Nectarine Spinach Salad

 **Gluten Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



6

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pork tenderloin
- 3 nectarines cut in half
- 12 oz baby spinach fresh
- 0.3 cup balsamic vinaigrette light
- 1 oz feta cheese crumbled
- 1 serving pepper black

Equipment

- bowl

knife

grill

Directions

- Heat gas or charcoal grill. Using sharp knife, cut tenderloin in half horizontally, cutting to, but not through, other side; open flat as you would a book.
- Carefully brush oil on grill rack.
- Place nectarine halves, cut sides down, and pork on grill over medium heat. Cover grill; cook 8 to 10 minutes, turning once, until nectarines are thoroughly heated and pork has slight blush of pink in center.
- Remove nectarines and pork from grill. Cover pork; let stand 5 minutes.
- Cut nectarine halves into slices. Thinly slice pork. In large bowl, gently toss spinach and dressing.
- On each of 6 plates, evenly divide spinach, nectarine slices, pork slices and cheese.
- Sprinkle with pepper, if desired.

Nutrition Facts

 **PROTEIN 59.38%**  **FAT 32.07%**  **CARBS 8.55%**

Properties

Glycemic Index:22.33, Glycemic Load:2.66, Inflammation Score:-10, Nutrition Score:47.493478318919%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 452.15kcal (22.61%), Fat: 15.71g (24.18%), Saturated Fat: 4.56g (28.51%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 7.11g (2.58%), Sugar: 6.17g (6.85%), Cholesterol: 200.72mg (66.91%), Sodium: 353.6mg (15.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.48g (130.96%), Vitamin K: 275.39µg (262.27%), Vitamin B1: 3.04mg (202.97%), Selenium: 92.88µg (132.69%), Vitamin B6: 2.46mg (123.06%), Vitamin A: 5578.47IU (111.57%),

Vitamin B3: 21.24mg (106.18%), Phosphorus: 796.86mg (79.69%), Vitamin B2: 1.19mg (69.71%), Potassium: 1600.71mg (45.73%), Zinc: 6.24mg (41.6%), Magnesium: 133.74mg (33.43%), Manganese: 0.59mg (29.64%), Folate: 115.77µg (28.94%), Vitamin B12: 1.65µg (27.53%), Vitamin B5: 2.74mg (27.45%), Iron: 4.71mg (26.19%), Vitamin C: 17.99mg (21.81%), Copper: 0.4mg (20.14%), Vitamin E: 2.26mg (15.05%), Calcium: 100.04mg (10%), Fiber: 2.32g (9.27%), Vitamin D: 0.93µg (6.17%)