



Grilled Pork 'n Nectarine Spinach Salad



Gluten Free



Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

Equipment

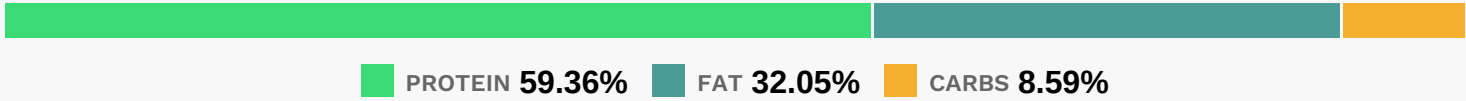
- ☐ bowl

- ☐ 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



Properties

Glycemic Index:22.33, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:47.531739110532%

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: 452.36kcal (22.62%), Fat: 15.72g (24.18%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 7.14g (2.6%), Sugar: 6.17g (6.85%), Cholesterol: 200.72mg (66.91%), Sodium: 353.62mg (15.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.49g (130.97%), Vitamin K: 275.53µg (262.4%), Vitamin B1: 3.04mg (202.98%), Selenium: 92.89µg (132.7%), Vitamin B6: 2.46mg (123.07%), Vitamin A: 5578.92IU

(111.58%), Vitamin B3: 21.24mg (106.19%), Phosphorus: 796.99mg (79.7%), Vitamin B2: 1.19mg (69.72%), Potassium: 1601.82mg (45.77%), Zinc: 6.24mg (41.6%), Magnesium: 133.88mg (33.47%), Manganese: 0.6mg (30.17%), Folate: 115.79µg (28.95%), Vitamin B12: 1.65µg (27.53%), Vitamin B5: 2.75mg (27.46%), Iron: 4.72mg (26.24%), Vitamin C: 17.99mg (21.81%), Copper: 0.4mg (20.19%), Vitamin E: 2.26mg (15.06%), Calcium: 100.41mg (10.04%), Fiber: 2.34g (9.35%), Vitamin D: 0.93µg (6.17%)