

Grilled Pork Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 1.3 cups thinly celery diagonally sliced
- ☐ 5 cups endive chopped
- ☐ 1 pound pork tenderloin trimmed
- ☐ 2.5 tablespoons olive oil extra-virgin divided
- ☐ 2 cups comice pear red thinly sliced (2)
- ☐ 0.5 cup pecans

- ☐ 1 teaspoon salt divided
- ☐ 1 Dash sugar
- ☐ 1.5 tablespoons citrus champagne vinegar

Equipment

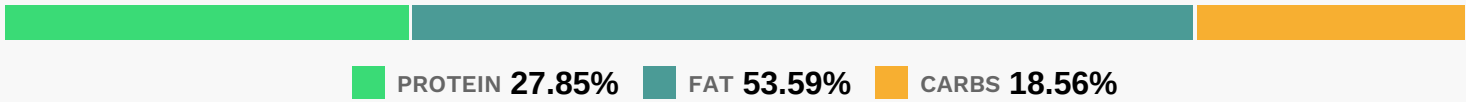
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350
- ☐ Combine pecans and canola oil in a small bowl; toss well.
- ☐ Place pecans on a baking sheet.
- ☐ Sprinkle with 1/4 teaspoon salt and sugar.
- ☐ Bake at 350 for 5 minutes.
- ☐ Preheat grill to medium-high heat.
- ☐ Combine 1/4 teaspoon salt, 2 tablespoons olive oil, vinegar, and 1/4 teaspoon pepper in a large bowl, stirring with a whisk.
- ☐ Brush pork with remaining 1 1/2 teaspoons olive oil; sprinkle with the remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Place pork on a grill rack coated with cooking spray; grill 6 minutes on each side or until a thermometer registers 145
- ☐ Let stand 10 minutes.
- ☐ Cut, crosswise, into 1/4-inch-thick slices.
- ☐ Add escarole and celery to vinegar mixture; toss gently to coat.
- ☐ Place 1 cup escarole mixture on each of 6 plates; top each serving with 1/3 cup pears and 3 ounces pork.

☐ Sprinkle evenly with pecans.

Nutrition Facts



Properties

Glycemic Index:37.64, Glycemic Load:2.7, Inflammation Score:-7, Nutrition Score:21.129565187123%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 4.26mg, Kaempferol: 4.26mg, Kaempferol: 4.26mg, Kaempferol: 4.26mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 245.35kcal (12.27%), Fat: 14.95g (23%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 7.5g (2.73%), Sugar: 6.13g (6.81%), Cholesterol: 49.14mg (16.38%), Sodium: 455.76mg (19.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.48g (34.96%), Vitamin K: 110.21µg (104.96%), Vitamin B1: 0.85mg (56.91%), Selenium: 23.83µg (34.05%), Vitamin B6: 0.65mg (32.29%), Manganese: 0.63mg (31.52%), Vitamin B3: 5.48mg (27.38%), Phosphorus: 233.64mg (23.36%), Vitamin A: 1022.64IU (20.45%), Vitamin B2: 0.33mg (19.27%), Folate: 72.85µg (18.21%), Potassium: 590.73mg (16.88%), Fiber: 4.15g (16.59%), Zinc: 2.22mg (14.79%), Copper: 0.26mg (13.15%), Vitamin B5: 1.17mg (11.7%), Vitamin E: 1.67mg (11.1%), Magnesium: 43.31mg (10.83%), Iron: 1.51mg (8.37%), Vitamin C: 5.82mg (7.06%), Vitamin B12: 0.39µg (6.43%), Calcium: 46.29mg (4.63%), Vitamin D: 0.15µg (1.01%)