



Grilled Pork Tenderloin Salad With Roasted Sweet Potatoes

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



554 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 oz feta cheese crumbled
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup honey-roasted almonds sliced
- ☐ 2 teaspoons olive oil
- ☐ 2 lb pork tenderloin

- ☐ 0.5 small onion red halved sliced
- ☐ 6 servings raspberry salad dressing
- ☐ 8 cups gourmet salad greens mixed
- ☐ 1.5 teaspoons salt divided
- ☐ 1.5 lb sweet potatoes
- ☐ 0.8 cup cranberries dried sweetened

Equipment

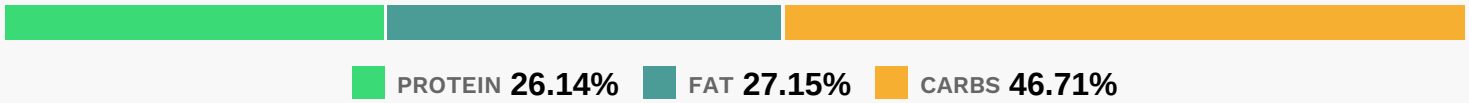
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 450
- ☐ Peel sweet potatoes, and cut into 1/2-inch-thick wedges; toss with oil, allspice, red pepper, and 1/2 tsp. salt. Arrange potato wedges in a single layer on a lightly greased jelly-roll pan.
- ☐ Bake at 450 on an oven rack one-third up from bottom of oven 10 minutes; turn potatoes, and bake 10 to 15 minutes or until crisp-tender.
- ☐ Remove from oven, and let cool.
- ☐ Preheat grill to 350 to 400 (medium-high).
- ☐ Sprinkle pork with 1/2 tsp. Black pepper and remaining 1 tsp. salt. Grill pork, covered with grill lid, 6 to 8 minutes on all sides or until a meat thermometer inserted into thickest portion registers 150 to 155.
- ☐ Remove pork from grill, and let stand 10 minutes.
- ☐ Cut diagonally into 1/2-inch-thick slices.
- ☐ Toss together greens and next 4 ingredients in a large bowl; transfer to a serving platter, and top with sliced pork and sweet potatoes.
- ☐ Serve with Raspberry Salad Dressing.

Note: For testing purposes only, we used Sunkist Almond Accents Honey Roasted Flavored Sliced Almonds.

Nutrition Facts



Properties

Glycemic Index:40.55, Glycemic Load:23.83, Inflammation Score:-10, Nutrition Score:34.166521870572%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 553.9kcal (27.69%), Fat: 16.94g (26.07%), Saturated Fat: 5.36g (33.51%), Carbohydrates: 65.61g (21.87%), Net Carbohydrates: 61.09g (22.21%), Sugar: 42.36g (47.06%), Cholesterol: 115.1mg (38.37%), Sodium: 1232.19mg (53.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.72g (73.43%), Vitamin A: 16823.19IU (336.46%), Vitamin B1: 1.63mg (108.71%), Vitamin B6: 1.56mg (78.04%), Selenium: 50.49µg (72.12%), Vitamin B3: 11.28mg (56.42%), Phosphorus: 515.1mg (51.51%), Vitamin B2: 0.78mg (46.09%), Potassium: 1144.59mg (32.7%), Zinc: 3.94mg (26.29%), Manganese: 0.51mg (25.5%), Vitamin B5: 2.49mg (24.85%), Magnesium: 82.77mg (20.69%), Vitamin C: 16.19mg (19.62%), Vitamin K: 20.39µg (19.42%), Copper: 0.37mg (18.55%), Vitamin B12: 1.11µg (18.43%), Fiber: 4.52g (18.07%), Iron: 2.93mg (16.3%), Calcium: 154.34mg (15.43%), Vitamin E: 1.81mg (12.09%), Folate: 40.74µg (10.18%), Vitamin D: 0.53µg (3.53%)