



Honey-Mustard Pork with Wilted Spinach

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



249 kcal

SIDE DISH

Ingredients

- 4 green onions finely chopped
- 1.5 pound honey-mustard-flavored pork tenderloin
- 3 tablespoons juice of lemon
- 0.3 teaspoon pepper
- 16 ounce leaf spinach frozen thawed drained

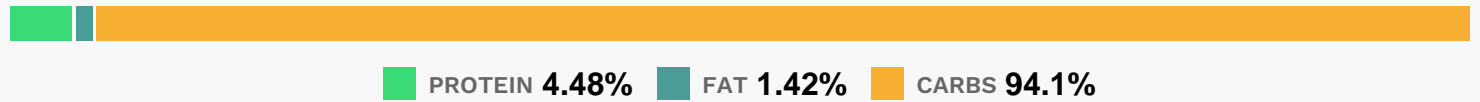
Equipment

- frying pan

Directions

- Trim fat from pork, and cut tenderloin crosswise into 1-inch-thick pieces.
- Sprinkle with pepper. Coat a large nonstick skillet with cooking spray, and place over medium-high heat until hot.
- Add pork; cook 3 minutes on each side.
- Remove pork, reserving drippings in skillet. Set pork aside, and keep warm.
- Add lemon juice and green onions to skillet; stir in spinach. Cook, stirring constantly, 3 minutes, or until thoroughly heated. Arrange spinach evenly on plates. Top evenly with pork.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.48, Inflammation Score:-10, Nutrition Score:17.810869468295%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 4.93mg, Kaempferol: 4.93mg, Kaempferol: 4.93mg, Kaempferol: 4.93mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 248.6kcal (12.43%), Fat: 0.33g (0.51%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 49.26g (16.42%), Net Carbohydrates: 47.35g (17.22%), Sugar: 23.37g (25.97%), Cholesterol: 0mg (0%), Sodium: 628.09mg (27.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.69%), Vitamin K: 381.84µg (363.66%), Vitamin A: 7169.56IU (143.39%), Folate: 153.3µg (38.32%), Manganese: 0.7mg (35.12%), Vitamin C: 25.65mg (31.09%), Magnesium: 61.92mg (15.48%), Potassium: 452.75mg (12.94%), Iron: 2.18mg (12.12%), Vitamin E: 1.59mg (10.61%), Vitamin B2: 0.15mg (8.86%), Calcium: 81.42mg (8.14%), Vitamin B6: 0.16mg (7.8%), Fiber: 1.91g (7.66%), Copper: 0.11mg (5.36%), Vitamin B1: 0.07mg (4.35%), Phosphorus: 40.74mg (4.07%), Vitamin B3: 0.6mg (2.99%), Zinc: 0.44mg (2.91%), Selenium: 0.82µg (1.17%)