



Macho Salad with Wheat Beer Vinaigrette

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb pork tenderloin
- ☐ 12 oz light-bodied wheat beer
- ☐ 0.3 cup vinegar white
- ☐ 2 tablespoons juice of lime
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 teaspoon salt
- ☐ 5.5 oz the salad mixed
- ☐ 11 oz corn whole drained canned

- ☐ 1 cup dates whole pitted halved
- ☐ 0.5 cup almonds salted
- ☐ 2 avocado pitted peeled sliced
- ☐ 1 medium poblano pepper seeded chopped

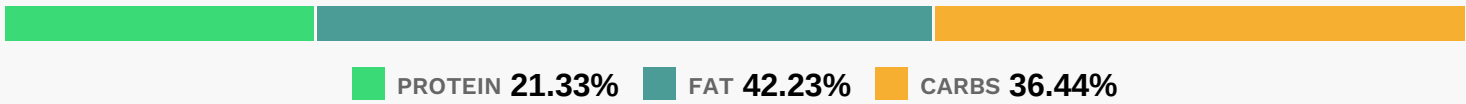
Equipment

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

Directions

- ☐ Place pork tenderloin in glass bowl; add 1 cup of the beer. Cover; refrigerate 1 hour. Meanwhile, in small bowl, mix remaining 1/2 cup beer and the Wheat Beer Vinaigrette ingredients. Refrigerate until ready to serve.
- ☐ Heat oven to 350°F.
- ☐ Place pork in shallow pan.
- ☐ Bake 40 to 50 minutes or until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F. Cool; shred pork using two forks.
- ☐ In large serving bowl, mix greens, corn, dates and almonds.
- ☐ Pour about 1/2 cup of the vinaigrette over salad; toss to coat. Top with shredded pork, avocado slices and poblano chile.
- ☐ Serve salad with remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:39.08, Glycemic Load:10.02, Inflammation Score:-8, Nutrition Score:24.377391265786%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 411.66kcal (20.58%), Fat: 19.44g (29.91%), Saturated Fat: 2.92g (18.22%), Carbohydrates: 37.76g (12.59%), Net Carbohydrates: 29.36g (10.67%), Sugar: 17.09g (18.99%), Cholesterol: 49.14mg (16.38%), Sodium: 263.66mg (11.46%), Alcohol: 2.21g (100%), Alcohol %: 0.8% (100%), Protein: 22.09g (44.19%), Vitamin B1: 0.86mg (57.34%), Vitamin B6: 0.9mg (45.11%), Vitamin B3: 7.86mg (39.3%), Vitamin C: 31.17mg (37.78%), Selenium: 25.75µg (36.79%), Phosphorus: 338.23mg (33.82%), Fiber: 8.4g (33.61%), Vitamin B2: 0.54mg (31.58%), Vitamin E: 4.71mg (31.4%), Potassium: 1034.96mg (29.57%), Manganese: 0.56mg (27.78%), Magnesium: 98.22mg (24.56%), Folate: 94.92µg (23.73%), Copper: 0.42mg (20.84%), Vitamin B5: 1.85mg (18.51%), Zinc: 2.54mg (16.92%), Vitamin K: 16.27µg (15.49%), Iron: 2.2mg (12.22%), Vitamin A: 474.77IU (9.5%), Vitamin B12: 0.4µg (6.74%), Calcium: 65.83mg (6.58%), Vitamin D: 0.23µg (1.51%)