



WHATSheATE



Mustard Greens Salad with Pork and Asian Pear



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 bosc pear cored cut into julienne strips
- ☐ 0.3 cup dates pitted sliced
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 5 ounce pork tenderloin trimmed
- ☐ 2 tablespoons juice of lime fresh

- ☐ 6 cups de-ribbed and mustard greens chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup scallions finely chopped

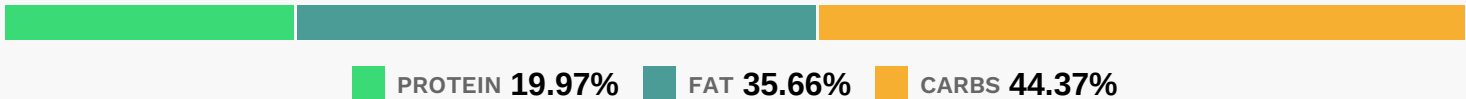
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Sprinkle pork with black pepper.
- ☐ Heat a nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add pork, and cook 2 minutes, or until browned, turning occasionally. Cook 5 additional minutes, or to desired degree of doneness; remove from heat. Keep warm.
- ☐ Combine scallions, lime juice, olive oil, honey, and salt in a small bowl; stir well with a whisk.
- ☐ Place greens, dates, and pear in a large bowl; drizzle with dressing, and toss gently to coat.
- ☐ Cut pork diagonally across the grain into thin slices. Divide salad among each of 4 plates; top with pork.

Nutrition Facts



Properties

Glycemic Index:59.26, Glycemic Load:7.94, Inflammation Score:-9, Nutrition Score:20.563913053792%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg

Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 13.74mg, Isorhamnetin: 13.74mg, Isorhamnetin: 13.74mg, Isorhamnetin: 13.74mg Kaempferol: 32.26mg, Kaempferol: 32.26mg, Kaempferol: 32.26mg, Kaempferol: 32.26mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 194.61kcal (9.73%), Fat: 8.24g (12.68%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 18.04g (6.56%), Sugar: 15.86g (17.62%), Cholesterol: 23.03mg (7.68%), Sodium: 328.42mg (14.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.39g (20.77%), Vitamin K: 236.33µg (225.07%), Vitamin C: 64.2mg (77.82%), Vitamin A: 2618.95IU (52.38%), Vitamin B1: 0.44mg (29.1%), Vitamin B6: 0.46mg (23.14%), Fiber: 5.04g (20.15%), Vitamin E: 2.88mg (19.23%), Potassium: 606.39mg (17.33%), Selenium: 12.08µg (17.26%), Vitamin B3: 3.28mg (16.4%), Phosphorus: 151.06mg (15.11%), Vitamin B2: 0.24mg (14.09%), Copper: 0.24mg (11.84%), Iron: 2.07mg (11.52%), Magnesium: 45.69mg (11.42%), Calcium: 112.63mg (11.26%), Zinc: 1mg (6.63%), Vitamin B5: 0.57mg (5.71%), Folate: 19.82µg (4.95%), Manganese: 0.08mg (4.15%), Vitamin B12: 0.18µg (3.01%)