



Oriental Pork Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon gingerroot grated peeled
- ☐ 1 cup julienne- jicama
- ☐ 0.3 cup juice of lemon
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 3 cups napa cabbage thinly sliced
- ☐ 1 pound center-cut pork loin chops boneless (1/)
- ☐ 0.3 teaspoon pepper dried red crushed

- ☐ 24 rice cakes miniature teriyaki-flavored
- ☐ 4 cups romaine lettuce thinly sliced
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon tahini (sesame seed paste)

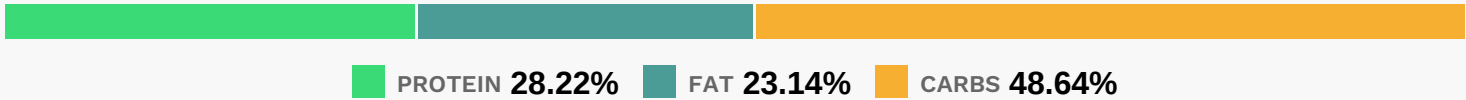
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Trim fat from pork; cut pork into 1/2-inch strips, and place in a shallow dish.
- ☐ Combine lemon juice and next 4 ingredients, stirring well.
- ☐ Drizzle 3 tablespoons lemon juice mixture over pork. Cover and marinate in refrigerator 2 hours. Set remaining lemon juice mixture aside.
- ☐ Add tahini and sugar to remaining lemon juice mixture; stir well, and set aside.
- ☐ Combine romaine lettuce, cabbage, and jicama in a bowl; toss, and set aside.
- ☐ Remove pork from marinade, discarding marinade.
- ☐ Place pork in a large nonstick skillet, and cook over medium heat 5 to 7 minutes or until done.
- ☐ To serve, place 2 cups lettuce mixture on each of 4 plates. Top evenly with pork strips.
- ☐ Drizzle lemon juice mixture evenly over salads.
- ☐ Serve with rice cakes.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:2.14, Inflammation Score:-10, Nutrition Score:37.614782561427%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 458.29kcal (22.91%), Fat: 11.77g (18.11%), Saturated Fat: 3.43g (21.45%), Carbohydrates: 55.65g (18.55%), Net Carbohydrates: 49.71g (18.08%), Sugar: 4.92g (5.46%), Cholesterol: 75.98mg (25.33%), Sodium: 514.68mg (22.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.3g (64.59%), Manganese: 2.31mg (115.34%), Vitamin A: 4326.95IU (86.54%), Selenium: 53.2µg (76.01%), Vitamin B3: 14.11mg (70.57%), Vitamin K: 73.91µg (70.39%), Vitamin B1: 0.92mg (61.62%), Vitamin B6: 1.14mg (57.04%), Phosphorus: 541.19mg (54.12%), Vitamin C: 30.45mg (36.91%), Folate: 136.47µg (34.12%), Magnesium: 132.18mg (33.05%), Potassium: 970.99mg (27.74%), Zinc: 3.97mg (26.49%), Vitamin B2: 0.41mg (23.98%), Fiber: 5.95g (23.79%), Copper: 0.44mg (22.05%), Vitamin B5: 1.61mg (16.07%), Iron: 2.6mg (14.43%), Vitamin B12: 0.6µg (10.02%), Calcium: 90.41mg (9.04%), Vitamin E: 1.22mg (8.14%), Vitamin D: 0.45µg (3.02%)