



HEALTH SCORE

62%

Pork and Grilled Vegetable Salad



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 1.5 tablespoons olive oil extravirgin divided
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 1 garlic clove peeled halved
- ☐ 1 tablespoon honey
- ☐ 1 large orange bell pepper quartered
- ☐ 1 teaspoon oregano fresh chopped

- ☐ 1 large bell pepper red quartered
- ☐ 1 medium onion red cut into (1/4-inch-thick) slices
- ☐ 0.7 pound potatoes red cut into (1/8-inch-thick) slices
- ☐ 8 ounces simply roasted pork thinly sliced
- ☐ 0.8 teaspoon salt
- ☐ 4 ounce sourdough bread
- ☐ 1.5 tablespoons citrus champagne vinegar
- ☐ 1 medium baby squash yellow cut lengthwise into (1/4-inch-thick) slices
- ☐ 1 small zucchini cut lengthwise into (1/4-inch-thick) slices

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Toss potatoes with 1 teaspoon oil.
- ☐ Place potatoes on grill rack coated with cooking spray; grill 4 minutes on each side or until tender.
- ☐ Place zucchini, squash, bell peppers, and onion on grill rack; cook 3 minutes on each side.
- ☐ Place bread slices on grill rack; grill 1 minute on each side or until well marked. Rub both sides of each bread slice with cut sides of garlic. Coarsely chop zucchini, squash, and bell peppers.
- ☐ Combine vegetables and Simply Roasted Pork in a large bowl, tossing gently.
- ☐ Combine vinegar and remaining ingredients, stirring with a whisk. Gradually add remaining 3 1/2 teaspoons oil, stirring with a whisk.
- ☐ Drizzle vinegar mixture over vegetable mixture, tossing to coat.
- ☐ Serve bread with salad.

Nutrition Facts



Properties

Glycemic Index:103.69, Glycemic Load:15.75, Inflammation Score:-10, Nutrition Score:25.837826179421%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 317.26kcal (15.86%), Fat: 8.88g (13.65%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 41.95g (13.98%), Net Carbohydrates: 36.66g (13.33%), Sugar: 13.07g (14.52%), Cholesterol: 35.72mg (11.91%), Sodium: 670.62mg (29.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.44g (38.88%), Vitamin C: 127.81mg (154.92%), Vitamin A: 2752.28IU (55.05%), Vitamin B6: 1.03mg (51.57%), Vitamin B1: 0.61mg (40.83%), Selenium: 25.17µg (35.96%), Vitamin B3: 6.75mg (33.73%), Manganese: 0.6mg (29.76%), Potassium: 1027.18mg (29.35%), Folate: 114.25µg (28.56%), Phosphorus: 266.94mg (26.69%), Vitamin B2: 0.43mg (25.45%), Fiber: 5.29g (21.17%), Magnesium: 69.77mg (17.44%), Iron: 3.01mg (16.72%), Vitamin E: 2.39mg (15.93%), Vitamin K: 15.76µg (15.01%), Zinc: 2.1mg (14.02%), Copper: 0.25mg (12.74%), Vitamin B5: 1.18mg (11.77%), Calcium: 61.94mg (6.19%), Vitamin B12: 0.29µg (4.82%), Vitamin D: 0.23µg (1.51%)