

Pork-and-Rice Salad with Spicy Tomato Dressing

READY IN



45 min.

SERVINGS



8

CALORIES



468 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado ripe chopped
- ☐ 1 tablespoon cajun spice
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 6 ounces colby-jack cheese shredded
- ☐ 2 cups rice white chilled cooked
- ☐ 0.5 cup cilantro leaves fresh divided chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 small onion red chopped

- ☐ 1.5 pounds deli-roasted pork tenderloin cut into strips*
- ☐ 8 romaine lettuce leaves
- ☐ 8 servings try build-a-meal
- ☐ 2 teaspoons sugar
- ☐ 8 servings spicy tomato dressing
- ☐ 15.3 ounce kernel corn whole drained canned

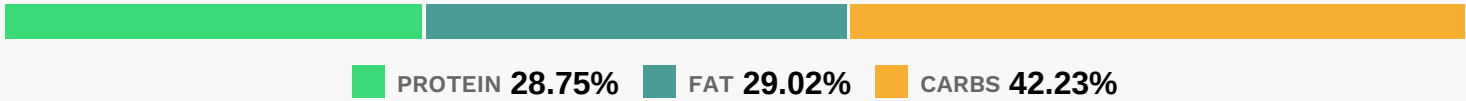
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Stir together first 6 ingredients in a large bowl.
- ☐ Whisk together sugar and lime juice; gently stir in avocado, 1/4 cup cilantro, and Cajun seasoning.
- ☐ Add to pork mixture, stir in Spicy Tomato Dressing; and gently toss. Cover and chill 30 minutes.
- ☐ Serve salad on lettuce leaves, and sprinkle with remaining 1/4 cup cilantro.*1 1/2 pounds pork tenderloin or boneless 1/2-inch-thick pork chops, cut into 1/2-inch strips and cooked in 2 tablespoons oil in large skillet over medium-high heat for 7 minutes, may be substituted.

Nutrition Facts



Properties

Glycemic Index:41.39, Glycemic Load:14.99, Inflammation Score:-10, Nutrition Score:36.71608720655%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg,

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg

Nutrients (% of daily need)

Calories: 467.5kcal (23.37%), Fat: 15.32g (23.57%), Saturated Fat: 6.15g (38.45%), Carbohydrates: 50.17g (16.72%), Net Carbohydrates: 37.44g (13.61%), Sugar: 7.12g (7.91%), Cholesterol: 75.48mg (25.16%), Sodium: 684.06mg (29.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.16g (68.31%), Vitamin A: 4692.89IU (93.86%), Vitamin B1: 1.12mg (74.71%), Phosphorus: 536.52mg (53.65%), Vitamin B6: 1.03mg (51.7%), Fiber: 12.73g (50.93%), Vitamin K: 52.71µg (50.2%), Selenium: 34.06µg (48.66%), Folate: 175.15µg (43.79%), Manganese: 0.87mg (43.34%), Vitamin B3: 8.65mg (43.25%), Vitamin C: 34.5mg (41.82%), Potassium: 1439.75mg (41.14%), Vitamin B2: 0.61mg (36.04%), Magnesium: 113.36mg (28.34%), Copper: 0.52mg (26.1%), Zinc: 3.82mg (25.46%), Iron: 4.4mg (24.44%), Calcium: 230.17mg (23.02%), Vitamin B5: 1.72mg (17.19%), Vitamin E: 2.1mg (13.97%), Vitamin B12: 0.62µg (10.31%), Vitamin D: 0.38µg (2.55%)