



Pork-and-Succotash Spinach Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



334 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8.5 ounce lima beans *soaked overnight drained canned
- 7 ounce whole-kernel corn sweet with peppers, drained canned
- 0.5 teaspoon garlic powder
- 0.3 teaspoon ground cumin
- 2 tablespoons juice of lime
- 0.5 cup orange juice
- 0.3 teaspoon pepper
- 4 ounces apricot-glazed pork roast cut into strips (3/4 cup)

- 0.3 cup onion red chopped
- 4 cups prepackaged spinach
- 2 teaspoons vegetable oil

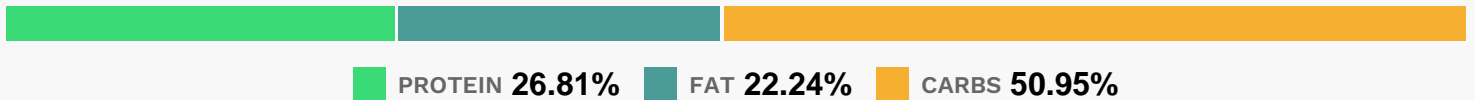
Equipment

- bowl
- microwave

Directions

- Remove large stems from spinach; tear into small pieces.
- Place in a bowl; set aside.
- Combine orange juice and next 5 ingredients (orange juice through pepper) in a 2-cup glass measure. Microwave at HIGH 2 minutes or until mixture boils.
- Add to spinach; toss.
- Add remaining ingredients; toss.

Nutrition Facts



Properties

Glycemic Index:94.5, Glycemic Load:8.42, Inflammation Score:-10, Nutrition Score:33.874347780062%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 8.75mg, Hesperetin: 8.75mg, Hesperetin: 8.75mg, Hesperetin: 8.75mg Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.96mg, Kaempferol: 3.96mg, Kaempferol: 3.96mg, Kaempferol: 3.96mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg

Nutrients (% of daily need)

Calories: 333.78kcal (16.69%), Fat: 8.68g (13.35%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 44.73g (14.91%), Net Carbohydrates: 34.96g (12.71%), Sugar: 10.99g (12.21%), Cholesterol: 35.72mg (11.91%), Sodium: 686.06mg (29.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.53g (47.07%), Vitamin K: 298.73µg (284.51%),

Vitamin A: 5807.29IU (116.15%), Vitamin C: 55.46mg (67.22%), Folate: 237.68µg (59.42%), Manganese: 1.18mg (58.87%), Fiber: 9.77g (39.08%), Vitamin B6: 0.76mg (38.01%), Magnesium: 133.97mg (33.49%), Selenium: 22.7µg (32.43%), Potassium: 1130.39mg (32.3%), Vitamin B1: 0.47mg (31.65%), Phosphorus: 314.96mg (31.5%), Iron: 4.79mg (26.63%), Vitamin B3: 5.31mg (26.56%), Vitamin B2: 0.38mg (22.19%), Copper: 0.41mg (20.46%), Zinc: 2.55mg (17.02%), Vitamin B5: 1.3mg (12.96%), Vitamin E: 1.83mg (12.18%), Calcium: 108.06mg (10.81%), Vitamin B12: 0.29µg (4.82%), Vitamin D: 0.23µg (1.51%)