



Pork Fattoush

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1.5 teaspoons bottled garlic minced
- ☐ 1 cucumber peeled sliced into 1/4-inch pieces quartered
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.5 cup spring onion chopped
- ☐ 1 pound pork tenderloins trimmed cut into 3/4-inch cubes
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon olive oil

- ☐ 2 7-inch wholewheat pita breads ()
- ☐ 7 ounce roasted peppers red drained chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 3 cups tomatoes chopped

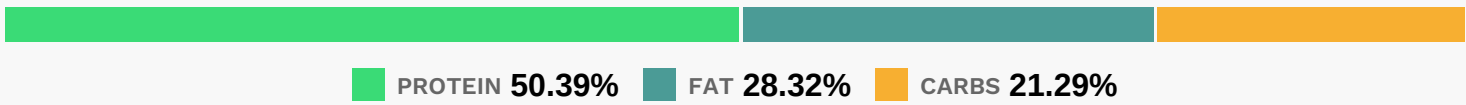
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 40
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Combine garlic, 1/2 teaspoon salt, and pork, tossing well to coat.
- ☐ Let stand 5 minutes.
- ☐ Arrange pitas in a single layer directly on oven rack.
- ☐ Bake at 400 for 5 minutes or until crisp; transfer to a wire rack.
- ☐ While pitas bake, add pork mixture to pan; cook 5 minutes or until done, stirring frequently.
- ☐ Place pork mixture in a large bowl. Stir in remaining 1/4 teaspoon salt, tomato, onions, mint, vinegar, juice, cucumber, and peppers. Break the toasted pita bread into bite-sized pieces.
- ☐ Add pita pieces to pork mixture; toss to combine.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:2.27, Inflammation Score:-8, Nutrition Score:25.883912884671%

Flavonoids

Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 207.18kcal (10.36%), Fat: 6.53g (10.05%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 7.9g (2.87%), Sugar: 4.91g (5.46%), Cholesterol: 73.71mg (24.57%), Sodium: 1189.56mg (51.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.14g (52.28%), Vitamin B1: 1.22mg (81.6%), Vitamin B6: 1.13mg (56.68%), Vitamin C: 45.39mg (55.02%), Selenium: 35.49µg (50.71%), Vitamin B3: 8.7mg (43.49%), Vitamin K: 42.24µg (40.23%), Phosphorus: 344.16mg (34.42%), Vitamin A: 1527.03IU (30.54%), Potassium: 961.59mg (27.47%), Vitamin B2: 0.47mg (27.38%), Manganese: 0.38mg (19.15%), Zinc: 2.67mg (17.81%), Magnesium: 64.03mg (16.01%), Copper: 0.32mg (15.82%), Iron: 2.44mg (13.57%), Vitamin B5: 1.29mg (12.95%), Fiber: 3.14g (12.56%), Folate: 47.9µg (11.98%), Vitamin E: 1.45mg (9.68%), Vitamin B12: 0.58µg (9.64%), Calcium: 71.08mg (7.11%), Vitamin D: 0.23µg (1.51%)