



HEALTH SCORE

51%

Pork, Pear and Walnut Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 asian pear cored sliced
- ☐ 1 pound pork tenderloin cut into 1 inch cubes
- ☐ 10 ounce spinach leaves fresh
- ☐ 0.5 cup balsamic vinaigrette salad dressing to taste
- ☐ 0.3 cup walnuts chopped

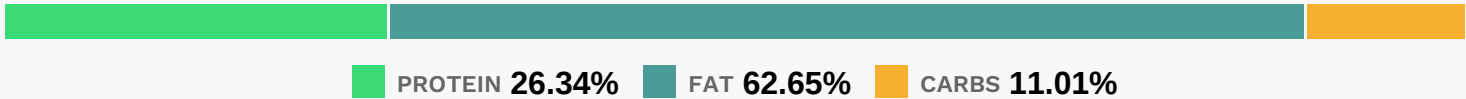
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add the pork and parsley; cook and stir until pork is browned on the outside, and cooked through.
- ☐ Remove from the heat and set aside.
- ☐ Make a bed of spinach on individual serving plates or on a large platter. Arrange slices of pear over the spinach. Top with the cooked pork and sprinkle with walnuts.
- ☐ Drizzle the balsamic vinaigrette over the whole salad.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:2.42, Inflammation Score:-10, Nutrition Score:33.920869640682%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 397.18kcal (19.86%), Fat: 28.27g (43.5%), Saturated Fat: 5.17g (32.31%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 7.72g (2.81%), Sugar: 5.62g (6.24%), Cholesterol: 73.71mg (24.57%), Sodium: 116.49mg (5.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.49%), Vitamin K: 393.86µg (375.1%), Vitamin A: 6744.93IU (134.9%), Vitamin B1: 1.2mg (80%), Vitamin B6: 1.06mg (52.94%), Selenium: 35.97µg (51.39%), Manganese: 0.92mg (46.21%), Vitamin B3: 8.18mg (40.88%), Folate: 149.3µg (37.32%), Phosphorus: 341.51mg (34.15%), Vitamin B2: 0.54mg (31.74%), Vitamin C: 23.25mg (28.19%), Potassium: 933.07mg (26.66%), Magnesium:

101.78mg (25.44%), Vitamin E: 3.74mg (24.97%), Iron: 3.4mg (18.86%), Zinc: 2.78mg (18.52%), Copper: 0.35mg (17.37%), Fiber: 3.46g (13.85%), Vitamin B5: 1.06mg (10.63%), Vitamin B12: 0.59µg (9.83%), Calcium: 89.56mg (8.96%), Vitamin D: 0.34µg (2.27%)