



Pork, Pineapple, and Anaheim Chile Salad with Avocado



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 anaheim chiles
- ☐ 0.8 cup avocado cubed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 12 boston lettuce leaves
- ☐ 1.5 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.8 teaspoon ground coriander

- ☐ 0.8 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 pineapple fresh cored peeled cut into 1/2-inch-thick rings
- ☐ 1 bell pepper red halved seeded
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon water

Equipment

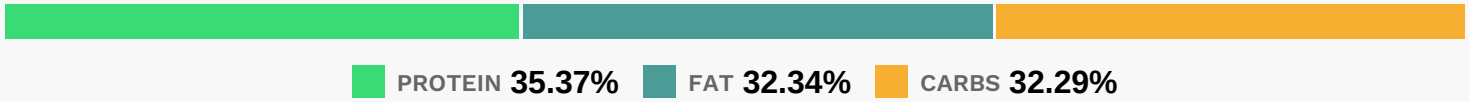
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ To prepare pork, combine first 4 ingredients.
- ☐ Brush pork with 1 tablespoon oil; rub spice mixture over pork.
- ☐ Place pork on grill rack coated with cooking spray, and grill for 20 minutes or until thermometer registers 155 (slightly pink), turning pork occasionally.
- ☐ Transfer to a cutting board, and let rest for 10 minutes.
- ☐ Cut pork crosswise into thin slices.
- ☐ To prepare vinaigrette, combine cilantro and next 7 ingredients (through garlic) in a bowl, stirring well with a whisk.

- ☐ To prepare salad, place pineapple, bell pepper, skin side down, and chiles on a lightly sprayed grill rack; grill for 5 minutes. Turn pineapple and chiles; grill for 5 minutes.
- ☐ Place bell pepper and chiles in a zip-top plastic bag; seal.
- ☐ Let stand for 10 minutes.
- ☐ Remove pepper and chiles from bag. Seed chiles. Peel pepper and chiles, and finely chop. Chop pineapple.
- ☐ Place pepper, chiles, and pineapple in a bowl.
- ☐ Drizzle with vinaigrette; toss. Arrange 2 lettuce leaves on each of 6 plates. Divide pork evenly among salads. Spoon 1/2 cup pineapple mixture over each serving, and sprinkle each serving with 2 tablespoons avocado.
- ☐ Serve immediately.
- ☐ Wine note: Ponzi Pinot Gris 2008 (\$1
- ☐ from Oregon has flavors of pear, guava, and pineapple that complement Pork, Pineapple, and Anaheim Chile Salad with Avocado. American pinot gris is usually richer than Italian pinot grigio, making it well-matched for this savory-sweet salad. –Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:55.29, Glycemic Load:5.89, Inflammation Score:-9, Nutrition Score:22.804782629013%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 190.34kcal (9.52%), Fat: 7.06g (10.87%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 11.95g (4.35%), Sugar: 9.7g (10.78%), Cholesterol: 49.14mg (16.38%), Sodium: 301.33mg (13.1%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.76%), Vitamin C: 68.04mg (82.47%), Vitamin B1: 0.86mg (57.26%), Manganese: 0.88mg (43.93%), Vitamin B6: 0.81mg (40.61%), Vitamin K: 38.43µg (36.6%), Selenium: 23.81µg (34.01%), Vitamin A: 1699.36IU (33.99%), Vitamin B3: 6.09mg (30.44%), Phosphorus: 221.7mg (22.17%), Vitamin B2: 0.35mg (20.35%), Potassium: 607.08mg (17.35%), Fiber: 3.92g (15.67%), Folate: 60.32µg (15.08%), Zinc: 1.79mg (11.91%), Vitamin B5: 1.18mg (11.81%), Magnesium: 43.97mg (10.99%), Copper: 0.21mg (10.36%), Iron: 1.79mg (9.93%), Vitamin E: 1.3mg (8.64%), Vitamin B12: 0.39µg (6.43%), Calcium: 35.02mg (3.5%), Vitamin D: 0.15µg (1.01%)