



Pork Salad Provençal



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



220 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 teaspoon pepper black divided
- ☐ 2 celery stalks thinly sliced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves divided
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 2 tablespoons olive oil

- ☐ 1 plum tomatoes diced
- ☐ 1 pound pork tenderloin
- ☐ 5 cups romaine lettuce chopped
- ☐ 0.5 teaspoon salt divided

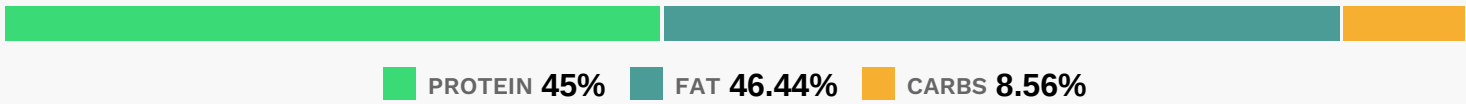
Equipment

- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Thinly slice 1 garlic clove. With a sharp knife, make 8 small slits in pork; insert garlic slices into slits. Coat pork with cooking spray; sprinkle with 1/4 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Place pork on grill rack coated with cooking spray; grill 20 minutes or until a thermometer inserted in the thickest portion registers 155, turning once.
- ☐ Let stand for 5 minutes; slice.
- ☐ Mince the remaining garlic clove.
- ☐ Combine minced garlic, 1/4 teaspoon salt, 1/4 teaspoon black pepper, lemon rind, lemon juice, olive oil, and thyme in a large bowl, stirring well.
- ☐ Add lettuce and remaining ingredients; toss. Arrange 1 1/2 cups salad on each of 4 plates; top evenly with pork.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.43, Inflammation Score:-10, Nutrition Score:28.100000070489%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 219.83kcal (10.99%), Fat: 11.33g (17.43%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 2.77g (1.01%), Sugar: 1.51g (1.68%), Cholesterol: 73.71mg (24.57%), Sodium: 361.59mg (15.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.4%), Vitamin K: 192.03µg (182.88%), Vitamin A: 5897.02IU (117.94%), Vitamin B1: 1.18mg (78.36%), Selenium: 34.86µg (49.8%), Vitamin B6: 0.96mg (47.88%), Vitamin B3: 7.91mg (39.54%), Phosphorus: 305.8mg (30.58%), Vitamin B2: 0.44mg (25.74%), Folate: 97.08µg (24.27%), Vitamin C: 19.72mg (23.9%), Potassium: 698.39mg (19.95%), Zinc: 2.4mg (16.01%), Iron: 2.45mg (13.61%), Magnesium: 46.53mg (11.63%), Manganese: 0.22mg (11.18%), Vitamin B5: 1.11mg (11.11%), Vitamin E: 1.51mg (10.07%), Vitamin B12: 0.59µg (9.83%), Copper: 0.16mg (8.15%), Fiber: 1.93g (7.73%), Calcium: 46.89mg (4.69%), Vitamin D: 0.34µg (2.27%)