



Pork Tenderloin-and-Tomato Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings warm bacon vinaigrette
- ☐ 4 servings garnish: and bacon crumbled cooked
- ☐ 1 tablespoon coarsely ground pepper
- ☐ 2 tablespoons olive oil
- ☐ 1 lb pork tenderloin
- ☐ 0.8 teaspoon salt
- ☐ 5 oz spring mix of spinach washed
- ☐ 3 large tomatoes cut into 1/2-inch-thick slices

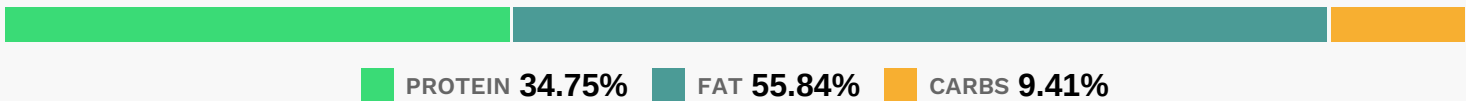
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Remove silver skin from tenderloin, leaving a thin layer of fat.
- ☐ Preheat oven to 40
- ☐ Rub pepper and salt over pork. Cook pork in hot oil in a large skillet over medium-high heat 5 minutes on all sides or until browned.
- ☐ Transfer pork to a 13- x 9-inch pan.
- ☐ Bake at 400 for 15 minutes or until a meat thermometer inserted into thickest portion registers 15
- ☐ Let stand 10 to 12 minutes or until thermometer registers 16
- ☐ Cut pork into 1/4-inch-thick slices. Divide greens among 4 plates; arrange tomato slices and pork over greens.
- ☐ Serve immediately with Warm Bacon Vinaigrette.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:1.58, Inflammation Score:-8, Nutrition Score:23.582608844923%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 327.27kcal (16.36%), Fat: 20.3g (31.22%), Saturated Fat: 5.44g (33.97%), Carbohydrates: 7.69g (2.56%), Net Carbohydrates: 5.67g (2.06%), Sugar: 3.6g (4%), Cholesterol: 89.66mg (29.89%), Sodium: 687.11mg (29.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.42g (56.84%), Vitamin B1: 1.24mg (82.47%), Selenium: 39µg (55.71%), Vitamin B6: 1.07mg (53.4%), Vitamin B3: 9.4mg (47.02%), Phosphorus: 356.19mg (35.62%), Vitamin C: 26.92mg (32.63%), Vitamin A: 1558.22IU (31.16%), Vitamin B2: 0.45mg (26.25%), Potassium: 893.77mg (25.54%), Manganese: 0.42mg (20.92%), Zinc: 2.71mg (18.04%), Vitamin K: 17.45µg (16.62%), Vitamin E: 2.1mg (14.03%), Magnesium: 54.75mg (13.69%), Vitamin B5: 1.26mg (12.56%), Vitamin B12: 0.7µg (11.66%), Copper: 0.23mg (11.44%), Iron: 1.97mg (10.95%), Folate: 33.84µg (8.46%), Fiber: 2.02g (8.07%), Calcium: 33.15mg (3.31%), Vitamin D: 0.43µg (2.85%)