



HEALTH SCORE

72%

Pork with Potato-Bean Salad



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons celery salt
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 0.5 pound green beans trimmed halved
- ☐ 1 juice of lemon grated
- ☐ 4 servings kosher salt
- ☐ 0.3 cup mayonnaise
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings pepper freshly ground

- ☐ 2 small pork tenderloins
- ☐ 0.3 onion red thinly sliced
- ☐ 3 tablespoons cup heavy whipping cream sour
- ☐ 4 tablespoons whole-grain mustard
- ☐ 1 pound yukon gold potatoes peeled cut into 2-inch chunks

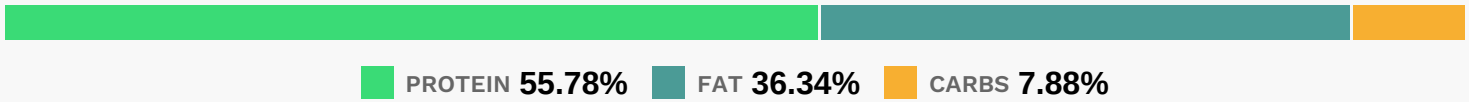
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler
- ☐ slotted spoon
- ☐ colander
- ☐ skimmer
- ☐ broiler pan

Directions

- ☐ Preheat the broiler. Cover the potatoes with cold water in a saucepan and salt the water. Bring to a boil over medium-high heat and cook until tender, about 10 minutes.
- ☐ Transfer to a colander with a skimmer or slotted spoon.
- ☐ Add the green beans to the boiling water and cook until crisp-tender, about 3 minutes.
- ☐ Transfer to the colander with the potatoes, run under cold water and pat dry.
- ☐ Meanwhile, mix 3 tablespoons mustard, the olive oil and celery salt in a bowl and rub over the pork. Broil on a foil-lined broiler pan until golden brown, 7 to 8 minutes; flip and broil until cooked through, 2 to 3 more minutes.
- ☐ Let rest 5 minutes before slicing.
- ☐ Mix the mayonnaise, sour cream, the remaining 1 tablespoon mustard, the tarragon, lemon juice and zest, 1/2 teaspoon salt, and pepper to taste in a bowl.
- ☐ Add the potatoes, green beans and onion; season with salt and pepper, and toss. Slice the pork and serve with the potato salad.

Nutrition Facts



Properties

Glycemic Index:85.19, Glycemic Load:16.38, Inflammation Score:-9, Nutrition Score:59.935217111007%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 1418.1kcal (70.9%), Fat: 55.62g (85.57%), Saturated Fat: 14.84g (92.77%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 22.19g (8.07%), Sugar: 3.81g (4.24%), Cholesterol: 600.74mg (200.25%), Sodium: 1806.05mg (78.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 192.13g (384.25%), Vitamin B1: 9.09mg (605.66%), Selenium: 281.38µg (401.98%), Vitamin B6: 7.42mg (371.12%), Vitamin B3: 61.83mg (309.15%), Phosphorus: 2324.4mg (232.44%), Vitamin B2: 3.21mg (188.6%), Potassium: 4270.37mg (122.01%), Zinc: 17.66mg (117.73%), Vitamin B5: 8.17mg (81.74%), Vitamin B12: 4.75µg (79.2%), Magnesium: 300.79mg (75.2%), Iron: 11.2mg (62.24%), Vitamin K: 56.23µg (53.55%), Copper: 1mg (50.1%), Vitamin C: 33.68mg (40.83%), Manganese: 0.65mg (32.61%), Vitamin E: 4.31mg (28.74%), Fiber: 4.96g (19.86%), Vitamin D: 2.75µg (18.33%), Calcium: 131.84mg (13.18%), Folate: 46.76µg (11.69%), Vitamin A: 562.09IU (11.24%)