



## Smart Pork-Pasta Toss

READY IN



25 min.

SERVINGS



25

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 cups baby spinach leaves loosely packed
- 0.3 cup balsamic vinaigrette dressing divided kraft
- 1.5 cups cherry tomatoes halved
- 0.3 cup chicken broth fat-free reduced-sodium
- 3 cloves garlic minced
- 1 cup milk italian\* three cheese blend shredded 2% divided kraft
- 1 lb pork tenderloin cut into 1-inch pieces
- 1 cup onions red chopped
- 0.5 lb pasta like spaghetti whole wheat uncooked

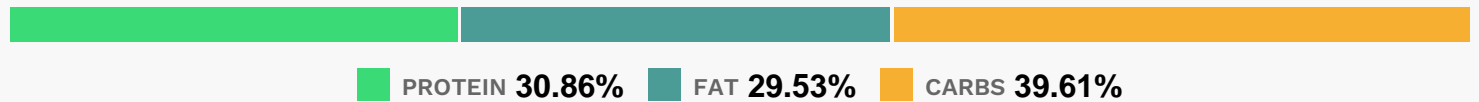
## Equipment

- frying pan

## Directions

- Cook spaghetti as directed on package, omitting salt. Meanwhile, heat 2 Tbsp. dressing in large skillet on medium-high heat.
- Add meat; cook 5 to 6 min. or until done, stirring occasionally.
- Remove from skillet; cover to keep warm.
- Add remaining dressing, onions and garlic to skillet; cook and stir 2 to 3 min. or until onions are crisp-tender.
- Add tomatoes; cook 1 min.
- Add broth and meat; stir. Bring to boil, stirring occasionally.
- Drain spaghetti.
- Add to ingredients in skillet with the spinach and 1/2 cup cheese; mix lightly. Top with remaining cheese.

## Nutrition Facts



## Properties

Glycemic Index:3.56, Glycemic Load:0.2, Inflammation Score:-6, Nutrition Score:7.6360870133276%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

## Nutrients (% of daily need)

Calories: 82.86kcal (4.14%), Fat: 2.8g (4.31%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 8.12g (2.95%), Sugar: 0.61g (0.68%), Cholesterol: 12.69mg (4.23%), Sodium: 59.28mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.19%), Vitamin K: 35.06µg (33.39%), Manganese: 0.37mg (18.41%), Selenium: 12.39µg (17.69%), Vitamin B1: 0.24mg (15.68%), Vitamin A: 719.38IU (14.39%), Vitamin B6:

0.19mg (9.63%), Vitamin B3: 1.79mg (8.96%), Phosphorus: 76.27mg (7.63%), Magnesium: 25.12mg (6.28%), Vitamin C: 4.65mg (5.63%), Vitamin B2: 0.09mg (5.44%), Folate: 21.56µg (5.39%), Potassium: 162.17mg (4.63%), Iron: 0.79mg (4.36%), Zinc: 0.62mg (4.14%), Copper: 0.08mg (3.88%), Vitamin B5: 0.27mg (2.71%), Calcium: 24.27mg (2.43%), Vitamin B12: 0.1µg (1.67%), Vitamin E: 0.24mg (1.58%), Fiber: 0.34g (1.35%)