






 **51%**
HEALTH SCORE

Southwest Pork Salad

 **Gluten Free**

READY IN

55 min.

SERVINGS

4

CALORIES

342 kcal

SIDE DISH **LUNCH** **MAIN COURSE** **MAIN DISH**

Ingredients

- 0.5 cup cream plain fat-free sour
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons juice of lime
- 2 tablespoons vegetable oil
- 0.3 teaspoon salt
- 0.8 lb pork tenderloin
- 0.3 teaspoon salt
- 0.3 teaspoon pepper

- 8 cups the salad mixed
- 1 medium bell pepper yellow sliced
- 8 oz mushrooms fresh whole sliced (3 cups)
- 15 oz blackeyed peas rinsed drained canned

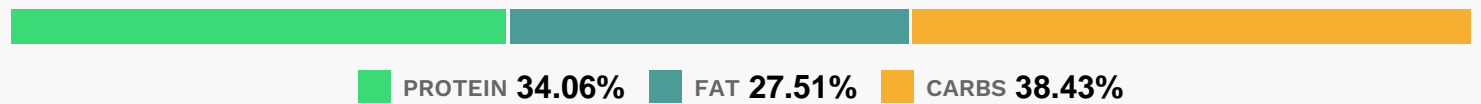
Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer

Directions

- Heat oven to 350°F. In small bowl, mix all dressing ingredients until well blended. Refrigerate until serving time.
- In shallow roasting pan, place pork on rack.
- Sprinkle with salt and pepper. Insert meat thermometer so tip is in thickest part of pork.
- Bake uncovered 30 to 40 minutes or until thermometer reads 160°F (medium doneness) and pork has slight blush of pink in center. Cool pork; cut into slices.
- Arrange salad greens, bell pepper, mushrooms and peas on large serving plate. Top with pork.
- Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:6.64, Inflammation Score:-9, Nutrition Score:33.048695813055%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Myricetin: 0.07mg,

Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 342.49kcal (17.12%), Fat: 10.69g (16.45%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 33.61g (11.2%), Net Carbohydrates: 25.77g (9.37%), Sugar: 4.88g (5.42%), Cholesterol: 57.87mg (19.29%), Sodium: 404.57mg (17.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.79g (59.57%), Vitamin C: 77.29mg (93.68%), Vitamin B1: 1.14mg (76.16%), Folate: 272.65µg (68.16%), Selenium: 35.66µg (50.94%), Phosphorus: 488.65mg (48.87%), Vitamin B6: 0.94mg (47.02%), Vitamin B3: 8.94mg (44.71%), Vitamin B2: 0.67mg (39.21%), Manganese: 0.72mg (35.91%), Fiber: 7.83g (31.34%), Copper: 0.62mg (31.18%), Potassium: 1063.55mg (30.39%), Magnesium: 100.74mg (25.18%), Iron: 4.46mg (24.77%), Zinc: 3.63mg (24.21%), Vitamin A: 1131.17IU (22.62%), Vitamin B5: 2.16mg (21.6%), Vitamin K: 17.66µg (16.82%), Vitamin B12: 0.55µg (9.19%), Calcium: 84.38mg (8.44%), Vitamin E: 1.09mg (7.26%), Vitamin D: 0.37µg (2.46%)