



 **54%**
HEALTH SCORE

Southwestern Pork Salad

 **Gluten Free**

READY IN



65 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 lb pork tenderloin
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 0.7 cup yogurt plain fat free yoplait® (from 2-lb container)
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons juice of lime
- 1 tablespoon canola oil
- 0.5 teaspoon sugar

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

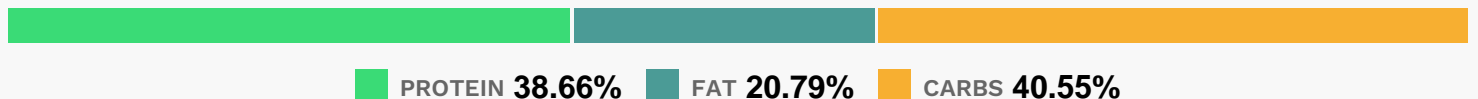
Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer

Directions

- Heat oven to 350°F.
- Place pork on rack in shallow roasting pan.
- Sprinkle with 1/4 teaspoon salt and the pepper.
- Bake uncovered 30 to 40 minutes or until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F. Cool pork; cut into slices.
- Meanwhile, in small bowl, mix yogurt, cilantro, lime juice, oil, sugar and 1/4 teaspoon salt until well blended; set aside.
- On large serving plate, arrange salad greens, bell pepper, mushrooms and peas. Top with pork slices.
- Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:51.77, Glycemic Load:6.99, Inflammation Score:-9, Nutrition Score:33.642608207205%

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: 316.84kcal (15.84%), Fat: 7.47g (11.49%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 32.76g (10.92%), Net Carbohydrates: 24.92g (9.06%), Sugar: 8.4g (9.34%), Cholesterol: 56.1mg (18.7%), Sodium: 395.47mg (17.19%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 31.24g (62.47%), Vitamin C: 77.65mg (94.13%), Vitamin B1: 1.15mg (76.7%), Folate: 274.39µg (68.6%), Phosphorus: 525.45mg (52.54%), Selenium: 35.61µg (50.87%), Vitamin B6: 0.96mg (47.81%), Vitamin B3: 8.97mg (44.87%), Vitamin B2: 0.72mg (42.3%), Manganese: 0.72mg (36.02%), Potassium: 1130.6mg (32.3%), Fiber: 7.83g (31.34%), Copper: 0.63mg (31.25%), Magnesium: 105.62mg (26.41%), Zinc: 3.88mg (25.9%), Iron: 4.49mg (24.97%), Vitamin B5: 2.42mg (24.22%), Vitamin A: 1060.72IU (21.21%), Calcium: 129.71mg (12.97%), Vitamin B12: 0.71µg (11.9%), Vitamin E: 1.15mg (7.64%), Vitamin K: 7.73µg (7.37%), Vitamin D: 0.37µg (2.46%)