



Speedy pork with spring greens



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 5 oz pork loin boneless
- ☐ 2 garlic clove crushed
- ☐ 1 pinch pepper dried generous
- ☐ 140 g the salad shredded
- ☐ 410 g garbanzo beans drained and rinsed canned

Equipment

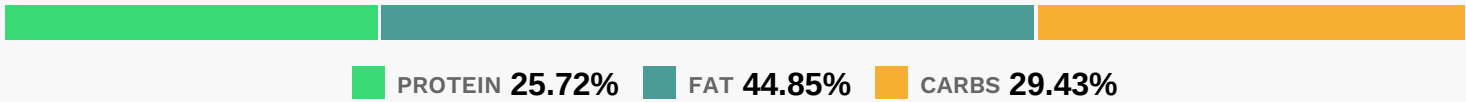
- ☐ frying pan

☐ oven

Directions

- ☐ To cook the pork, heat the oil in a deep frying pan thats big enough to fit the greens later. Season the steaks all over with salt and pepper and fry over a medium heat for 3–4 minutes on each side until golden brown.
- ☐ Remove from the pan and keep hot on a warmed plate or in a low oven.
- ☐ To wilt the greens, tip the garlic and chilli flakes into the same pan and cook for about 30 seconds until sizzling but not browned, then pour in 5 tablespoons water and toss in the greens. Simmer for 4–5 minutes until the greens wilt. Stir in the chickpeas and any juices from the pork and continue stirring until everythings hot.
- ☐ Serve a mound of greens topped with a steak and any juices.

Nutrition Facts



Properties

Glycemic Index:17.58, Glycemic Load:3.9, Inflammation Score:-5, Nutrition Score:11.936956537806%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 206.76kcal (10.34%), Fat: 10.47g (16.11%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 15.46g (5.15%), Net Carbohydrates: 10.91g (3.97%), Sugar: 0.02g (0.02%), Cholesterol: 22.33mg (7.44%), Sodium: 312.22mg (13.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.51g (27.03%), Manganese: 0.92mg (45.89%), Vitamin B6: 0.8mg (39.97%), Fiber: 4.55g (18.2%), Phosphorus: 177.75mg (17.78%), Selenium: 12.22µg (17.46%), Vitamin B1: 0.2mg (13.56%), Vitamin B3: 2.38mg (11.87%), Vitamin C: 8.69mg (10.53%), Magnesium: 41.15mg (10.29%), Copper: 0.2mg (9.98%), Potassium: 346.91mg (9.91%), Iron: 1.74mg (9.68%), Folate: 38.63µg (9.66%), Zinc: 1.44mg (9.58%), Vitamin A: 420.52IU (8.41%), Vitamin E: 1.06mg (7.1%), Vitamin B5: 0.62mg (6.22%), Vitamin B2: 0.1mg (5.94%), Calcium: 45.06mg (4.51%), Vitamin K: 4.27µg (4.06%), Vitamin B12: 0.18µg (3.01%)