



Spicy Pork-and-Orange Chopped Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



28 min.

SERVINGS



4

CALORIES



267 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



0.5 cup bottled ginger low-fat



3 cups coleslaw mix shredded



1 cup cucumber seeded chopped



0.3 cup cilantro leaves fresh chopped



1 tablespoon olive oil



1 slices cranberry-orange relish



2 cranberry-orange relish



1 pound pork tenderloin cut into 1/2-inch pieces

- ☐ 1 the of 1 cos lettuce chopped
- ☐ 0.5 teaspoon salt
- ☐ 2.5 teaspoons suya seasoning mix
- ☐ 0.5 cup soya sauce

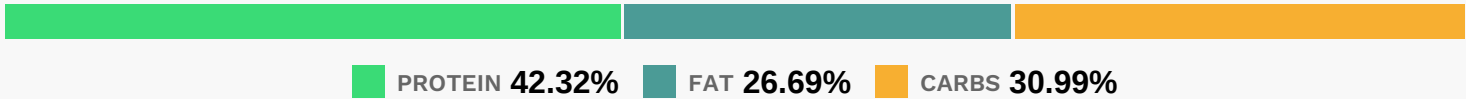
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Toss pork with Szechwan seasoning and salt to coat. Saut pork in hot oil in a large nonstick skillet over medium-high heat 8 to 10 minutes or until done.
- ☐ Peel oranges, and cut into 1/2-inch-thick slices.
- ☐ Cut slices into chunks.
- ☐ Pour dressing into a salad bowl. Stir in oranges, cucumber, and cilantro.
- ☐ Let stand 5 minutes.
- ☐ Add romaine, coleslaw mix, and pork; toss gently.
- ☐ Sprinkle with almonds.
- ☐ Garnish, if desired.
- ☐ Serve immediately.
- ☐ Note: We tested with McCormick Gourmet Collection Szechwan Seasoning and Blue Diamond Bold Wasabi & Soy Sauce Almonds.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:4.54, Inflammation Score:-8, Nutrition Score:29.683913044308%

Flavonoids

Hesperetin: 18.8mg, Hesperetin: 18.8mg, Hesperetin: 18.8mg, Hesperetin: 18.8mg Naringenin: 10.57mg, Naringenin: 10.57mg, Naringenin: 10.57mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 267.2kcal (13.36%), Fat: 8.1g (12.46%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 15.66g (5.69%), Sugar: 9.8g (10.89%), Cholesterol: 73.71mg (24.57%), Sodium: 1985.41mg (86.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.9g (57.81%), Vitamin B1: 1.25mg (83.44%), Vitamin C: 59.09mg (71.62%), Vitamin K: 73.86µg (70.34%), Vitamin B6: 1.14mg (56.76%), Selenium: 35.51µg (50.73%), Vitamin B3: 9.37mg (46.84%), Phosphorus: 360.74mg (36.07%), Vitamin B2: 0.52mg (30.34%), Potassium: 950.63mg (27.16%), Manganese: 0.52mg (26.17%), Fiber: 5.51g (22.04%), Magnesium: 81.69mg (20.42%), Iron: 3.6mg (19.99%), Vitamin A: 962.49IU (19.25%), Folate: 73.84µg (18.46%), Zinc: 2.65mg (17.67%), Vitamin B5: 1.53mg (15.26%), Copper: 0.3mg (14.84%), Calcium: 122.98mg (12.3%), Vitamin E: 1.64mg (10.93%), Vitamin B12: 0.59µg (9.83%), Vitamin D: 0.34µg (2.27%)