



Spinach Salad with Grilled Pork Tenderloin and Nectarines

 Gluten Free

READY IN



16 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounce baby spinach fresh
- ☐ 0.3 cup balsamic vinaigrette light
- ☐ 1 ounce feta cheese crumbled
- ☐ 3 nectarines halved
- ☐ 1 pound pork tenderloin trimmed

Equipment

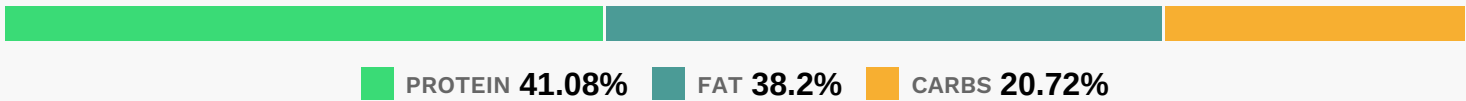
- ☐ bowl

- ☐ knife
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill.
- ☐ Cut pork horizontally through center of meat, cutting to, but not through, other side using a sharp knife; open flat as you would a book.
- ☐ Place pork and nectarine halves, cut sides down, on grill rack coated with cooking spray. Grill pork 5 minutes on each side or until a thermometer registers 16
- ☐ Grill nectarine halves 4 to 5 minutes on each side or until thoroughly heated.
- ☐ Remove pork and nectarine halves from grill.
- ☐ Let pork rest 10 minutes.
- ☐ Cut nectarine halves into slices. Thinly slice pork.
- ☐ Combine spinach and vinaigrette in a large bowl; toss gently to coat.
- ☐ Divide spinach mixture evenly on each of 6 plates. Top each serving evenly with nectarine slices and pork slices.
- ☐ Sprinkle with cheese.
- ☐ Sprinkle evenly with pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:2.65, Inflammation Score:-10, Nutrition Score:26.436087053755%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 180.03kcal (9%), Fat: 7.71g (11.86%), Saturated Fat: 1.88g (11.78%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 7.1g (2.58%), Sugar: 6.17g (6.85%), Cholesterol: 53.34mg (17.78%), Sodium: 235.7mg (10.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.66g (37.31%), Vitamin K: 275.36µg (262.25%), Vitamin A: 5573.84IU (111.48%), Vitamin B1: 0.82mg (54.53%), Vitamin B6: 0.73mg (36.33%), Selenium: 24.18µg (34.55%), Vitamin B3: 6.25mg (31.25%), Folate: 115.77µg (28.94%), Manganese: 0.56mg (27.94%), Vitamin B2: 0.42mg (24.76%), Phosphorus: 245.87mg (24.59%), Vitamin C: 17.99mg (21.81%), Potassium: 709.42mg (20.27%), Magnesium: 72.49mg (18.12%), Iron: 2.51mg (13.96%), Zinc: 2mg (13.33%), Vitamin E: 1.76mg (11.73%), Copper: 0.2mg (10.04%), Fiber: 2.31g (9.25%), Calcium: 86.36mg (8.64%), Vitamin B5: 0.85mg (8.47%), Vitamin B12: 0.47µg (7.88%), Vitamin D: 0.25µg (1.64%)