



Spinach Salad with Spiced Pork and Ginger Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups baby spinach leaves
- ☐ 1 cup bell pepper strips red
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 pound pork tenderloin trimmed
- ☐ 2 cups napa cabbage thinly sliced
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon sriracha (such as huy fong) hot
- ☐ 0.3 cup sesame ginger dressing (low-fat (such as Newman's Own))

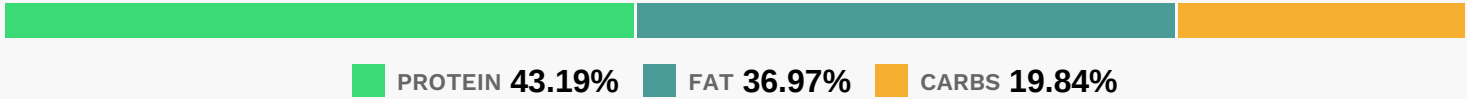
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut pork crosswise into 1/2-inch slices; flatten each slice slightly with hand.
- ☐ Combine pork and Sriracha in a bowl, tossing to coat.
- ☐ Add sugar, garlic powder, and salt; toss well.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork mixture to pan, and cook 3 minutes on each side or until done.
- ☐ Remove from heat; keep warm.
- ☐ Combine spinach, cabbage, and bell pepper in a large bowl.
- ☐ Add sesame ginger dressing; toss well. Arrange 1 1/2 cups spinach mixture in each of 4 shallow bowls; top each serving with 3 ounces pork.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.83, Inflammation Score:-10, Nutrition Score:30.561739455099%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 238.16kcal (11.91%), Fat: 9.81g (15.1%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 9.92g (3.61%), Sugar: 9.36g (10.41%), Cholesterol: 73.71mg (24.57%), Sodium: 472.18mg (20.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.8g (51.59%), Vitamin K: 135.63µg (129.17%), Vitamin C:

66.7mg (80.85%), Vitamin B1: 1.19mg (79.16%), Vitamin A: 3407.85IU (68.16%), Vitamin B6: 1.14mg (56.77%), Selenium: 35.83µg (51.18%), Vitamin B3: 8.28mg (41.38%), Phosphorus: 319.75mg (31.98%), Vitamin B2: 0.48mg (28.48%), Folate: 91.24µg (22.81%), Potassium: 788.74mg (22.54%), Manganese: 0.34mg (17.11%), Zinc: 2.48mg (16.5%), Magnesium: 58.8mg (14.7%), Vitamin E: 2.13mg (14.19%), Iron: 2.17mg (12.07%), Vitamin B5: 1.15mg (11.46%), Vitamin B12: 0.58µg (9.64%), Copper: 0.16mg (7.86%), Fiber: 1.93g (7.73%), Calcium: 68.41mg (6.84%), Vitamin D: 0.23µg (1.51%)