



Teriyaki Pork Salad

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup blanched almonds and whole
- 0.8 cup carrots shredded
- 1 teaspoon ginger grated
- 1 cup snow peas fresh chinese ()
- 8 ounces dole pineapple tidbits drained canned
- 1 pound pork tenderloin cut into 3x 1/2-inch strips
- 1 tablespoon rice vinegar
- 6 cups the salad mixed

- 1 tablespoon hoisin sauce
- 1 tablespoon vegetable oil
- 2 teaspoons vegetable oil

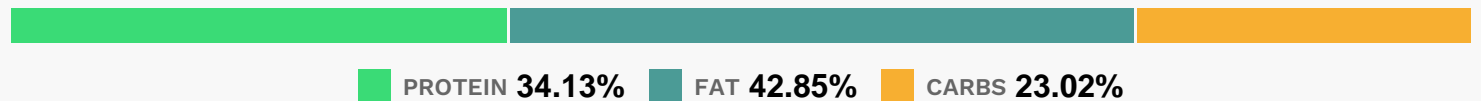
Equipment

- frying pan

Directions

- Heat 2 teaspoons oil in 10-inch skillet over medium-high heat. Cook pork in oil 6 to 8 minutes, stirring frequently, until no longer pink in center.
- Shake reserved pineapple juice, rice vinegar, oil, hoisin sauce and gingerroot in tightly covered container.
- Mix pineapple tidbits, pork and remaining ingredients in large bowl.
- Drizzle with dressing; toss.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index: 27.96, Glycemic Load: 0.77, Inflammation Score: -10, Nutrition Score: 28.507825789244%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 321.15kcal (16.06%), Fat: 15.47g (23.81%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 15.5g (5.64%), Sugar: 11.79g (13.1%), Cholesterol: 73.83mg (24.61%), Sodium: 159.6mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.74g (55.47%), Vitamin A: 4988.94IU (99.78%), Vitamin B1: 1.26mg (84.14%), Vitamin B6: 1.05mg (52.28%), Selenium: 35.45µg (50.64%), Vitamin B3: 8.78mg (43.92%), Vitamin C: 35.41mg (42.92%), Phosphorus: 376.27mg (37.63%), Vitamin B2: 0.54mg (31.79%), Potassium: 820.52mg (23.44%), Vitamin E: 3.46mg (23.09%), Magnesium: 83.61mg (20.9%), Manganese: 0.4mg (20.14%), Vitamin K:

20.1µg (19.14%), Zinc: 2.75mg (18.34%), Copper: 0.34mg (16.76%), Iron: 2.61mg (14.48%), Vitamin B5: 1.31mg (13.07%),
Fiber: 3.2g (12.8%), Folate: 45.96µg (11.49%), Vitamin B12: 0.59µg (9.83%), Calcium: 68.31mg (6.83%), Vitamin D:
0.34µg (2.27%)