

Thai Pork Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce broccoli slaw
- ☐ 6 servings cilantro leaves fresh
- ☐ 1 large cucumber peeled sliced
- ☐ 1 tablespoon fish sauce
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh minced
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 3 spring onion finely chopped

- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 pound pork chops boneless lean
- ☐ 0.3 cup rice vinegar
- ☐ 1 teaspoon sesame oil
- ☐ 2 tablespoons soya sauce

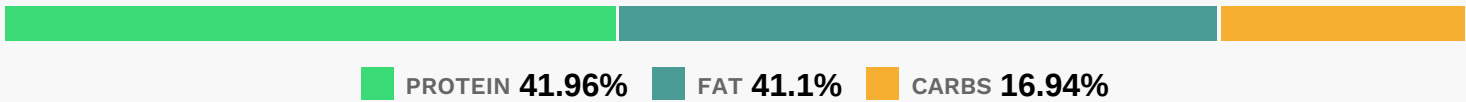
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Process pork in a food processor until coarsely chopped.
- ☐ Saut pork in a large skillet coated with cooking spray over medium-high heat 8 to 10 minutes or until meat crumbles and is no longer pink.
- ☐ Drain and cool.
- ☐ Combine pork, cilantro, and next 7 ingredients.
- ☐ Stir together vinegar, soy sauce, and olive oil.
- ☐ Drizzle over slaw, tossing to coat. Top with pork mixture; serve with cucumber slices, and, if desired, rice.
- ☐ Garnish, if desired.
- ☐ Note: Fish sauce is found in Asian markets and large supermarkets.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:0.27, Inflammation Score:-7, Nutrition Score:19.557826176934%

Flavonoids

Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 186.43kcal (9.32%), Fat: 8.67g (13.34%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 7.19g (2.61%), Sugar: 1.38g (1.53%), Cholesterol: 50.65mg (16.88%), Sodium: 631.25mg (27.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.85%), Vitamin C: 80.27mg (97.3%), Selenium: 27.8µg (39.71%), Vitamin B1: 0.58mg (38.88%), Vitamin B6: 0.74mg (36.86%), Vitamin B3: 6.97mg (34.85%), Phosphorus: 246.68mg (24.67%), Vitamin K: 21.97µg (20.93%), Potassium: 675.77mg (19.31%), Folate: 71.91µg (17.98%), Vitamin B2: 0.27mg (15.83%), Manganese: 0.3mg (15.04%), Magnesium: 56.99mg (14.25%), Vitamin A: 655IU (13.1%), Vitamin B5: 1.14mg (11.37%), Zinc: 1.66mg (11.06%), Iron: 1.57mg (8.73%), Copper: 0.14mg (7.05%), Vitamin B12: 0.42µg (6.92%), Calcium: 64.22mg (6.42%), Vitamin E: 0.62mg (4.14%), Fiber: 0.85g (3.41%), Vitamin D: 0.3µg (2.02%)