



Thai Pork with Savoy Cabbage

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

READY IN



75 min.

SERVINGS



15

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup lite catalina dressing divided kraft
- 2 Tbsp cilantro leaves chopped
- 1 lb pork tenderloin
- 0.5 cup onions red thinly sliced
- 5 cups savoy cabbage shredded finely
- 2 Tbsp sesame seed toasted
- 3 Tbsp lite soy sauce

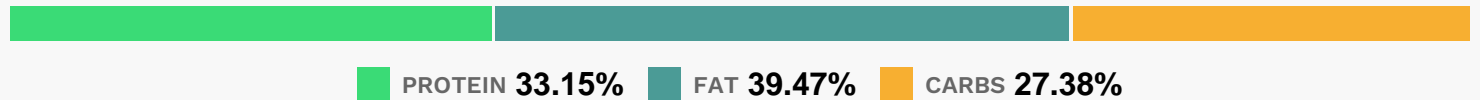
Equipment

- bowl
- grill
- microwave

Directions

- Pour 1/4 cup of the dressing over meat in shallow dish; cover. Refrigerate 30 min. to marinate, turning meat after 15 min.
- Remove meat from marinade; discard marinade.
- Preheat grill to medium heat. Grill meat 30 min. or until or until done (145F), turning after 15 min. Cool slightly.
- Cut into thin slices; set aside.
- Mix remaining 1/2 cup dressing and the soy sauce in large microwaveable bowl. Microwave on HIGH 20 sec.
- Add cabbage and onions; toss to coat.
- Transfer to large serving platter; top with meat.
- Sprinkle with sesame seed and cilantro.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:6.8052173852921%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 90.52kcal (4.53%), Fat: 3.9g (5.99%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 5.09g (1.85%), Sugar: 4.13g (4.59%), Cholesterol: 19.66mg (6.55%), Sodium: 378.1mg (16.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Vitamin B1: 0.33mg (21.83%), Vitamin K: 16.24µg

(15.47%), Vitamin B6: 0.3mg (14.94%), Selenium: 9.84µg (14.06%), Vitamin B3: 2.27mg (11.36%), Phosphorus: 97.08mg (9.71%), Vitamin C: 7.64mg (9.26%), Vitamin B2: 0.12mg (6.99%), Potassium: 193.82mg (5.54%), Folate: 21.53µg (5.38%), Magnesium: 20.9mg (5.22%), Manganese: 0.1mg (5.04%), Zinc: 0.75mg (4.98%), Copper: 0.1mg (4.87%), Vitamin A: 237.75IU (4.76%), Fiber: 0.99g (3.94%), Iron: 0.66mg (3.66%), Vitamin B5: 0.32mg (3.18%), Vitamin B12: 0.16µg (2.62%), Calcium: 23.66mg (2.37%)