



Vietnamese Salad

 Gluten Free  Dairy Free

READY IN



48 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon canola oil
- 0.5 cup cilantro leaves
- 1 cucumber halved seeded thinly sliced
- 1.5 tablespoons fish sauce
- 1.5 teaspoons ginger fresh grated peeled
- 0.8 cup mint leaves fresh
- 3 thinly green onions diagonally sliced
- 0.1 teaspoon ground pepper red

- 1 pound pork tenderloin trimmed
- 3 tablespoons juice of lime fresh
- 1.5 tablespoons lower-sodium soy sauce
- 0.5 cup onion red thinly sliced
- 8 cups romaine lettuce sliced
- 1 serrano chile thinly sliced
- 1.5 teaspoons sugar

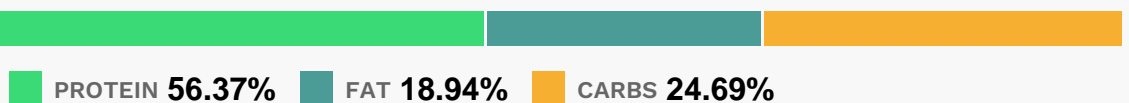
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Preheat grill to medium-high heat.
- Brush pork with oil.
- Place pork on a grill rack coated with cooking spray; grill 6 minutes on each side or until a thermometer inserted into thickest portion of pork registers 14
- Remove from grill; let pork stand 5 minutes. Slice pork crosswise in half; slice each half, lengthwise, into thin strips. Cool.
- Combine juice and next 6 ingredients (through serrano) in a large bowl.
- Add pork to juice mixture; toss to coat.
- Add mint and next 3 ingredients (through cucumber) to bowl; toss. Arrange 2 cups lettuce on each of 4 plates; top each serving with about 2/3 cup pork mixture.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:55.77, Glycemic Load:1.79, Inflammation Score:-10, Nutrition Score:31.807391218517%

Flavonoids

Eriodictyol: 2.86mg, Eriodictyol: 2.86mg, Eriodictyol: 2.86mg, Eriodictyol: 2.86mg Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 190.32kcal (9.52%), Fat: 4.04g (6.22%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 7.88g (2.87%), Sugar: 5.27g (5.85%), Cholesterol: 73.71mg (24.57%), Sodium: 821.28mg (35.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.16%), Vitamin A: 8871.41IU (177.43%), Vitamin K: 127.67µg (121.59%), Vitamin B1: 1.25mg (83.49%), Vitamin B6: 1.08mg (54.16%), Selenium: 36.23µg (51.76%), Vitamin B3: 8.41mg (42.06%), Folate: 166.46µg (41.62%), Phosphorus: 353.34mg (35.33%), Vitamin B2: 0.53mg (31.18%), Potassium: 961.81mg (27.48%), Manganese: 0.41mg (20.72%), Magnesium: 81.45mg (20.36%), Vitamin C: 16.72mg (20.27%), Zinc: 2.74mg (18.25%), Iron: 2.99mg (16.63%), Fiber: 3.98g (15.91%), Vitamin B5: 1.39mg (13.9%), Copper: 0.26mg (13.06%), Vitamin B12: 0.61µg (10.18%), Calcium: 86.78mg (8.68%), Vitamin E: 0.75mg (5.02%), Vitamin D: 0.23µg (1.51%)