



 **61%**  
HEALTH SCORE

## Warm Italian Pork Salad

 **Gluten Free**  **Very Healthy**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**653 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.8 lb pork tenderloin cut into thin bite-size strips
- 0.3 cup salad dressing italian
- 5 teaspoons ranch seasoning (half of 1-oz envelope) (not buttermilk recipe)
- 0.3 cup salad dressing
- 0.3 cup milk
- 1 tablespoon vegetable oil
- 5 cups pork butt mixed red
- 1 cup broccoli florets

- 2 medium zucchini cut into 1/2-inch cubes (1 1/2 cups)
- 2 plum tomatoes cut into 6 wedges (Roma)

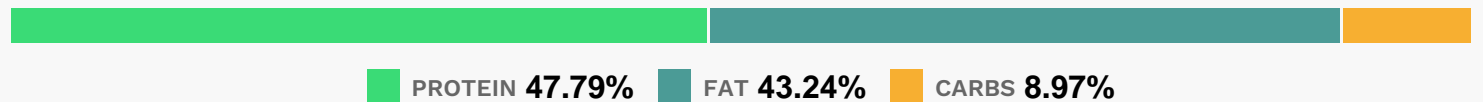
## Equipment

- bowl
- frying pan

## Directions

- In small bowl, toss pork and Italian dressing.
- Let stand at room temperature 10 minutes to marinate.
- Meanwhile, in another small bowl, mix ranch dressing mix (dry), mayonnaise and milk; set aside.
- In 10-inch nonstick skillet, heat oil over medium-high heat. Cook pork in oil, stirring frequently, until pork is no longer pink.
- Among 4 plates, divide lettuce. Top each with broccoli, zucchini, tomato wedges and pork.
- Drizzle dressing over salads.

## Nutrition Facts



## Properties

Glycemic Index:30.75, Glycemic Load:1.19, Inflammation Score:-8, Nutrition Score:47.345652352209%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

## Nutrients (% of daily need)

Calories: 652.96kcal (32.65%), Fat: 30.43g (46.82%), Saturated Fat: 8.7g (54.37%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 12.25g (4.46%), Sugar: 7.56g (8.4%), Cholesterol: 234.55mg (78.18%), Sodium: 1113.34mg (48.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.67g (151.35%), Vitamin B1: 2.57mg (171.43%), Selenium: 110.81µg (158.3%), Vitamin B6: 2.44mg (122.19%), Vitamin B3: 19.42mg (97.11%), Vitamin B2: 1.57mg

(92.23%), Phosphorus: 883.56mg (88.36%), Zinc: 12.07mg (80.47%), Vitamin B5: 5.76mg (57.61%), Vitamin B12: 3.22µg (53.6%), Vitamin C: 42.2mg (51.15%), Potassium: 1785.47mg (51.01%), Vitamin K: 52.62µg (50.11%), Magnesium: 117.15mg (29.29%), Iron: 5.06mg (28.13%), Copper: 0.46mg (23.22%), Manganese: 0.32mg (15.83%), Vitamin E: 2.29mg (15.26%), Vitamin D: 2.2µg (14.65%), Vitamin A: 632.94IU (12.66%), Folate: 42.5µg (10.63%), Calcium: 98.55mg (9.86%), Fiber: 1.94g (7.77%)