



 **100%**
HEALTH SCORE

Warm Italian Pork Salad

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

READY IN



30 min.

SERVINGS



4

CALORIES



1188 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 cups bay leaves mixed red
- 1 cup broccoli florets
- 0.3 cup salad dressing italian
- 0.3 cup milk
- 2 plum tomatoes cut into 6 wedges (Roma)
- 0.8 lb pork tenderloin cut into thin bite-size strips
- 5 teaspoons ranch seasoning (half of 1-oz envelope) (not buttermilk recipe)
- 0.3 cup salad dressing

- 1 tablespoon vegetable oil
- 2 medium zucchini cut into 1/2-inch cubes (1 1/2 cups)

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



PROTEIN 11.73% **FAT 23.6%** **CARBS 64.67%**

Properties

Glycemic Index:30.75, Glycemic Load:1.19, Inflammation Score:-10, Nutrition Score:67.136521805888%

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: 1188.24kcal (59.41%), Fat: 38.27g (58.88%), Saturated Fat: 9.53g (59.58%), Carbohydrates: 235.91g (78.64%), Net Carbohydrates: 156.19g (56.8%), Sugar: 7.56g (8.4%), Cholesterol: 57.11mg (19.04%), Sodium: 989.13mg (43.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.79g (85.58%), Manganese: 24.43mg (1221.54%), Iron: 128.68mg (714.89%), Vitamin A: 18924.15IU (378.48%), Fiber: 79.72g (318.89%), Vitamin B6: 6.05mg

(302.44%), Calcium: 2523.58mg (252.36%), Vitamin C: 179.72mg (217.84%), Folate: 574.83µg (143.71%), Magnesium: 406.97mg (101.74%), Vitamin B2: 1.68mg (98.67%), Zinc: 13.08mg (87.17%), Copper: 1.39mg (69.65%), Potassium: 2347.37mg (67.07%), Vitamin B1: 0.95mg (63.2%), Phosphorus: 620.35mg (62.04%), Vitamin B3: 12.38mg (61.89%), Selenium: 35.69µg (50.99%), Vitamin K: 52.62µg (50.11%), Vitamin B5: 1.13mg (11.27%), Vitamin E: 1.58mg (10.52%), Vitamin B12: 0.52µg (8.74%), Vitamin D: 0.42µg (2.82%)