



## Warm Pork and Raspberry Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



481 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup chicken broth
- 0.5 teaspoon rosemary dried crushed
- 1 garlic clove minced
- 0.5 cup gorgonzola crumbled
- 0.5 cup grape tomatoes
- 2 tablespoons olive oil divided
- 0.5 cup pecans toasted chopped
- 1 pounds pork tenderloin

- 0.5 cup raspberry jam seedless
- 0.3 cup raspberry vinegar
- 0.3 cup onion red sliced
- 0.5 teaspoon rubbed sage
- 4 cups the salad
- 4 servings salt and pepper to taste

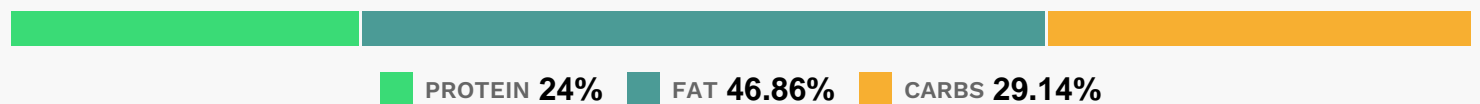
## Equipment

- bowl
- frying pan

## Directions

- Slice pork into 16 pieces. Season with salt and pepper. In a large skillet over medium-high heat, cook pork in 1 tablespoon oil until no longer pink.
- Remove and keep warm.
- In the same skillet, saute onion in remaining oil for 2 minutes.
- Add garlic; cook and stir for 30 seconds.
- Add the broth, preserves, vinegar, rosemary and sage. Cook and stir 2-3 minutes or until sauce is thickened. Season with salt and pepper.
- Place greens in a salad bowl; toss with a third of the sauce.
- Sprinkle with cheese, pecans and tomatoes. Top with warm pork slices; serve with remaining sauce.

## Nutrition Facts



## Properties

Glycemic Index:74.25, Glycemic Load:16.54, Inflammation Score:-7, Nutrition Score:23.421304298484%

## Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

## Nutrients (% of daily need)

Calories: 481.01kcal (24.05%), Fat: 25.04g (38.52%), Saturated Fat: 5.81g (36.33%), Carbohydrates: 35.03g (11.68%), Net Carbohydrates: 32.84g (11.94%), Sugar: 22.35g (24.84%), Cholesterol: 84.89mg (28.3%), Sodium: 550.78mg (23.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.86g (57.72%), Vitamin B1: 1.25mg (83.05%), Selenium: 38.23µg (54.62%), Vitamin B6: 1mg (49.84%), Vitamin B3: 8.23mg (41.14%), Manganese: 0.82mg (40.85%), Phosphorus: 402.94mg (40.29%), Vitamin B2: 0.53mg (31.21%), Zinc: 3.31mg (22.07%), Potassium: 721.14mg (20.6%), Vitamin C: 16.71mg (20.25%), Copper: 0.36mg (17.8%), Magnesium: 61.06mg (15.27%), Vitamin A: 729.2IU (14.58%), Vitamin B5: 1.4mg (14.03%), Vitamin B12: 0.77µg (12.8%), Iron: 2.14mg (11.9%), Calcium: 113.27mg (11.33%), Vitamin E: 1.65mg (11%), Fiber: 2.2g (8.78%), Folate: 32.35µg (8.09%), Vitamin K: 6.77µg (6.45%), Vitamin D: 0.41µg (2.74%)