



Warm Spinach Salad with Pork and Pears

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 ounce baby spinach
- 2 cups purée of usa bartlett pear thinly sliced (2)
- 0.3 teaspoon pepper black divided
- 2 tablespoons cheese blue crumbled
- 0.3 cup golden raisins
- 1 pound pork tenderloin trimmed
- 1 tablespoon olive oil extra-virgin
- 3 tablespoons red wine vinegar

- 0.5 teaspoon salt divided
- 3 tablespoons water

Equipment

- bowl
- frying pan
- whisk

Directions

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Sprinkle pork evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Add pork to pan; cook 4 minutes on each side or until browned.
- Combine remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, 3 tablespoons water, vinegar, and oil in a small bowl, stirring with a whisk.
- Combine pear, raisins, and spinach in a large bowl; toss well. Arrange 2 cups spinach mixture on each of 4 plates, and drizzle evenly with vinegar mixture. Top each serving with 3 pork slices and 1 1/2 teaspoons cheese.

Nutrition Facts



Properties

Glycemic Index:47.17, Glycemic Load:7.5, Inflammation Score:-9, Nutrition Score:27.902174073717%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 248.97kcal (12.45%), Fat: 7.26g (11.17%), Saturated Fat: 1.97g (12.29%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 15.85g (5.76%), Sugar: 12.31g (13.68%), Cholesterol: 76.33mg (25.44%), Sodium: 422.38mg (18.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.12g (52.23%), Vitamin K: 176.53µg (168.13%), Vitamin B1:

1.17mg (77.98%), Vitamin A: 3369.9IU (67.4%), Selenium: 35.93µg (51.33%), Vitamin B6: 1mg (50.19%), Vitamin B3: 8.09mg (40.46%), Phosphorus: 330.22mg (33.02%), Vitamin B2: 0.5mg (29.64%), Potassium: 803.61mg (22.96%), Manganese: 0.41mg (20.54%), Folate: 74.5µg (18.63%), Magnesium: 67.57mg (16.89%), Zinc: 2.52mg (16.77%), Vitamin C: 13.38mg (16.22%), Iron: 2.46mg (13.68%), Fiber: 3.34g (13.37%), Copper: 0.24mg (12.09%), Vitamin B5: 1.09mg (10.87%), Vitamin E: 1.58mg (10.52%), Vitamin B12: 0.62µg (10.35%), Calcium: 72.12mg (7.21%), Vitamin D: 0.24µg (1.63%)