






 **29%**
HEALTH SCORE

Ancho Pork and Peppers

 **Gluten Free**  **Dairy Free**

READY IN

45 min.

SERVINGS

4

CALORIES

267 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 2 teaspoons ancho chili powder
- 2 garlic clove minced
- 1.5 cups bell pepper green cut into 1/4-inch strips
- 1 teaspoon ground cumin
- 2 tablespoons juice of lime fresh
- 1 teaspoon olive oil
- 3 cups onion vertically sliced
- 16 ounce pork loin chops boneless (1/)

- 1.5 cups bell pepper red cut into 1/4-inch strips
- 1 teaspoon salt divided

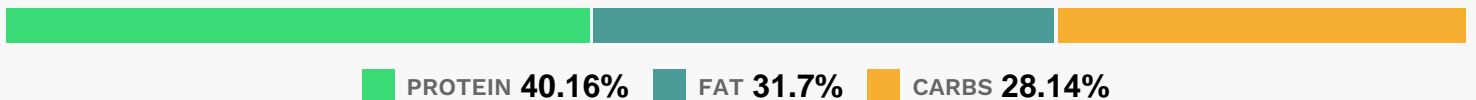
Equipment

- bowl
- frying pan

Directions

- Combine chile powder, cumin, and 1/2 teaspoon salt in a small bowl.
- Sprinkle both sides of pork with chile mixture.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add pork; cook 4 minutes on each side or until done.
- Remove from pan; keep warm.
- Heat oil in pan over medium-high heat.
- Add onion, peppers, and 1/2 teaspoon salt; saut 4 minutes.
- Add garlic; saut 1 minute.
- Remove from heat. Stir in juice.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:3.49, Inflammation Score:-10, Nutrition Score:26.158261195473%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3mg, Luteolin: 3mg, Luteolin: 3mg, Luteolin: 3mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 25.79mg, Quercetin: 25.79mg, Quercetin: 25.79mg, Quercetin: 25.79mg

Nutrients (% of daily need)

Calories: 267.11kcal (13.36%), Fat: 9.52g (14.65%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 19.02g (6.34%), Net Carbohydrates: 14.39g (5.23%), Sugar: 9g (10%), Cholesterol: 75.98mg (25.33%), Sodium: 662.18mg (28.79%), Alcohol: 0g (100%), Protein: 27.14g (54.28%), Vitamin C: 128.09mg (155.26%), Vitamin B6: 1.3mg (64.98%), Vitamin B1: 0.88mg (58.94%), Selenium: 38.64µg (55.2%), Vitamin B3: 10.17mg (50.86%), Vitamin A: 2269.85IU (45.4%), Phosphorus: 325.62mg (32.56%), Potassium: 857.21mg (24.49%), Vitamin B2: 0.32mg (18.77%), Fiber: 4.63g (18.5%), Manganese: 0.36mg (17.75%), Zinc: 2.27mg (15.11%), Magnesium: 58.09mg (14.52%), Folate: 55.22µg (13.8%), Vitamin B5: 1.23mg (12.31%), Vitamin E: 1.82mg (12.14%), Vitamin B12: 0.6µg (10.02%), Iron: 1.8mg (9.98%), Copper: 0.18mg (8.9%), Vitamin K: 9.11µg (8.68%), Calcium: 57.13mg (5.71%), Vitamin D: 0.45µg (3.02%)