



## Caribbean Pork 'N Rice

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

READY IN



25 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup original barbecue sauce kraft
- 2 carrots chopped
- 1 bell pepper green chopped
- 1 tsp ground ginger
- 2 cups rice white instant uncooked
- 1 Tbsp oil
- 1 onion chopped
- 14 oz pineapple chunks in juice undrained canned

- 1 lb pork tenderloin cut into chunks
- 1.5 cups water

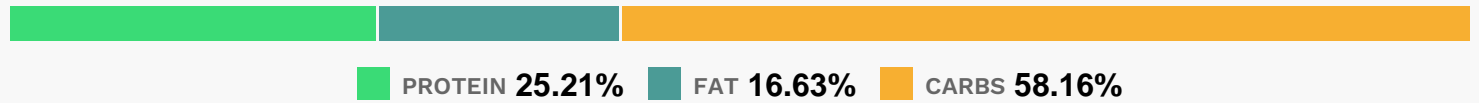
## Equipment

- frying pan

## Directions

- Heat oil in large skillet on medium-high heat.
- Add meat; cook and stir 2 min.
- Add carrots and onions; cook 5 min. or until meat is cooked through, stirring occasionally.
- Stir in remaining ingredients. Bring to boil; cover.
- Remove from heat.
- Let stand 5 min. Fluff with fork before serving.

## Nutrition Facts



## Properties

Glycemic Index:20.96, Glycemic Load:1.62, Inflammation Score:-10, Nutrition Score:32.026956641156%

## Flavonoids

Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

## Nutrients (% of daily need)

Calories: 451.66kcal (22.58%), Fat: 8.3g (12.77%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 65.32g (21.77%), Net Carbohydrates: 61.16g (22.24%), Sugar: 23.45g (26.05%), Cholesterol: 73.71mg (24.57%), Sodium: 275.97mg (12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.31g (56.63%), Vitamin B1: 1.67mg (111.13%), Vitamin A: 5298.01IU (105.96%), Selenium: 51.4µg (73.43%), Vitamin B6: 1.15mg (57.62%), Vitamin B3: 11.41mg (57.07%), Vitamin C: 37.19mg (45.08%), Manganese: 0.73mg (36.36%), Phosphorus: 362.17mg (36.22%), Folate: 137.62µg (34.41%), Vitamin B2: 0.46mg (27.01%), Iron: 4.54mg (25.23%), Potassium: 817.52mg (23.36%), Zinc: 3.05mg (20.33%), Copper: 0.36mg (17.83%), Fiber: 4.16g (16.63%), Magnesium: 65.08mg (16.27%), Vitamin B5: 1.31mg (13.13%), Vitamin

B12: 0.59µg (9.83%), Vitamin K: 9.9µg (9.42%), Vitamin E: 1.36mg (9.06%), Calcium: 60.58mg (6.06%), Vitamin D:  
0.34µg (2.27%)