



Caribbean-Style Pork



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 cups rice hot cooked
- ☐ 2 tablespoons creamy peanut butter
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 teaspoon cumin seeds crushed
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons green onions diagonally sliced
- ☐ 6 green onions cut into 1-inch pieces
- ☐ 2 tablespoons hoisin sauce

- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 1 teaspoon olive oil
- ☐ 2 pound center-cut pork loin roast boneless trimmed
- ☐ 2 cups bell pepper red chopped
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Cut roast into 1-inch pieces.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add pork; saut 5 minutes or until browned.
- ☐ Place pork, bell pepper, and green onion pieces in a 4-quart electric slow cooker coated with cooking spray; stir well.
- ☐ Combine hoisin sauce and next 7 ingredients (through garlic) in a small bowl; stir until well blended.
- ☐ Pour mixture over pork and vegetables; stir well.
- ☐ Cover and cook on HIGH for 1 hour. Reduce heat to LOW, and cook for 5 to 6 hours.
- ☐ Serve over rice; sprinkle with sliced green onions.
- ☐ Flavor Tip: With their crisp texture and sweet flavor, bell peppers are a nice complement to the pork in this dish. If you plan to use the peppers within a day or two, keep them at room temperature for better flavor.

Nutrition Facts



 **PROTEIN 37.8%**  **FAT 22.21%**  **CARBS 39.99%**

Properties

Glycemic Index:42.33, Glycemic Load:36.94, Inflammation Score:-9, Nutrition Score:28.790434795877%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 425.85kcal (21.29%), Fat: 10.33g (15.89%), Saturated Fat: 2.68g (16.78%), Carbohydrates: 41.87g (13.96%), Net Carbohydrates: 39.44g (14.34%), Sugar: 4.57g (5.08%), Cholesterol: 95.41mg (31.8%), Sodium: 482.1mg (20.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.56g (79.12%), Vitamin C: 67.32mg (81.59%), Selenium: 51.43µg (73.47%), Vitamin B6: 1.45mg (72.72%), Vitamin B3: 10.57mg (52.84%), Vitamin B1: 0.74mg (49.45%), Phosphorus: 437.82mg (43.78%), Manganese: 0.78mg (39.13%), Vitamin A: 1749.95IU (35%), Vitamin K: 32.08µg (30.56%), Zinc: 3.69mg (24.61%), Potassium: 812.4mg (23.21%), Vitamin B2: 0.38mg (22.58%), Magnesium: 76.35mg (19.09%), Vitamin B5: 1.84mg (18.36%), Vitamin B12: 0.77µg (12.85%), Vitamin E: 1.79mg (11.96%), Copper: 0.23mg (11.42%), Iron: 1.93mg (10.73%), Folate: 42.71µg (10.68%), Fiber: 2.43g (9.72%), Calcium: 44.03mg (4.4%), Vitamin D: 0.6µg (4.03%)