



Chili Pork Topping



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



68 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 1.5 teaspoons chili powder
- ☐ 0.5 teaspoon cumin seed
- ☐ 3 cloves garlic
- ☐ 0.5 lb onion
- ☐ 8 servings bell pepper
- ☐ 0.5 pound boned pork loin
- ☐ 8 servings salt

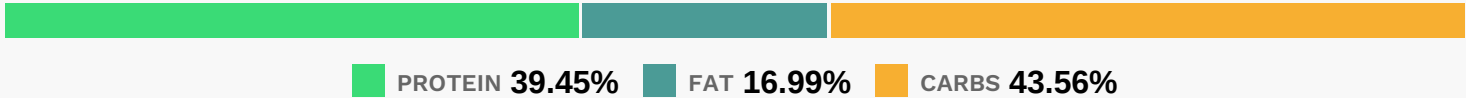
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Thinly slice pork into strips about 1/4 by 2 inches. Thinly slice onion. Mince garlic. In a 10- to 12-inch nonstick frying pan over high heat, stir-fry pork until lightly browned, about 3 minutes.
- ☐ Pour into a bowl.
- ☐ Add onion and garlic to pan; stir-fry until onion begins to brown, about 2 minutes.
- ☐ Add chili powder, cumin seed, cayenne, and pork. Stir-fry until meat is hot and coated with spices, about 1 minute.
- ☐ Add salt and pepper to taste. Use warm.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:1.63, Inflammation Score:-9, Nutrition Score:13.931739135929%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 68.13kcal (3.41%), Fat: 1.35g (2.08%), Saturated Fat: 0.4g (2.53%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 5.56g (2.02%), Sugar: 4.38g (4.87%), Cholesterol: 18.43mg (6.14%), Sodium: 219.22mg (9.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.11%), Vitamin C: 97.87mg (118.63%), Vitamin A: 2472.61IU (49.45%), Vitamin B6: 0.49mg (24.58%), Vitamin B1: 0.34mg (22.39%), Vitamin B3: 2.7mg (13.49%), Selenium: 9.05µg (12.94%), Vitamin B2: 0.17mg (10.13%), Phosphorus: 100.13mg (10.01%), Folate: 39.87µg (9.97%), Vitamin E: 1.41mg (9.41%), Potassium: 325.36mg (9.3%), Fiber: 2.23g (8.92%), Manganese: 0.16mg (7.75%), Zinc: 0.8mg (5.35%), Magnesium: 20.83mg (5.21%), Vitamin B5: 0.52mg (5.18%), Iron: 0.83mg (4.6%), Vitamin K: 4.24µg (4.03%), Copper: 0.06mg (2.88%), Vitamin B12: 0.15µg (2.46%), Calcium: 18.09mg (1.81%)