



Coconut Curried Pork, Snow Pea, and Mango Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoons coconut oil shredded
- ☐ 1 teaspoon curry powder red
- ☐ 1 tablespoon fish sauce
- ☐ 0.5 cup spring onion divided sliced
- ☐ 1 pound pork tenderloins trimmed
- ☐ 0.3 cup lite coconut milk light

- ☐ 1 cup mangos cut into 1/2-inch pieces
- ☐ 1 teaspoon curry paste red (such as Thai Kitchen)
- ☐ 7 ounce rice long-grain
- ☐ 1 cup snow peas

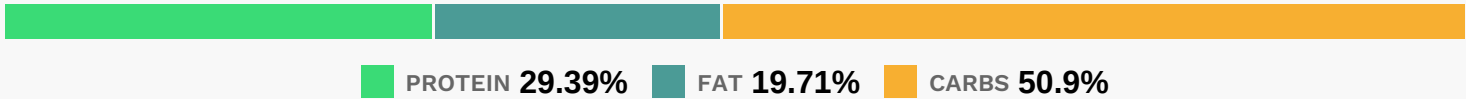
Equipment

- ☐ frying pan

Directions

- ☐ Prepare rice according to package directions, omitting salt and fat; drain.
- ☐ Cut pork into 1-inch cubes.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle pork evenly with curry powder.
- ☐ Add pork and snow peas to pan; stir-fry 3 minutes.
- ☐ Combine coconut milk, fish sauce, and curry paste, stirring well.
- ☐ Add milk mixture to pan; bring to a simmer. Stir in mango and 1/4 cup onions; cook 1 minute or until thoroughly heated.
- ☐ Remove from heat.
- ☐ Place 1 cup rice on each of 4 plates; top each serving with 1 1/4 cups pork mixture.
- ☐ Sprinkle each serving with 1 tablespoon of remaining 1/4 cup onions and 1 1/2 teaspoons shredded coconut.
- ☐ Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:39.98, Glycemic Load:26.95, Inflammation Score:-8, Nutrition Score:25.62999985529%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 402.04kcal (20.1%), Fat: 8.63g (13.27%), Saturated Fat: 3.09g (19.33%), Carbohydrates: 50.12g (16.71%), Net Carbohydrates: 47.42g (17.24%), Sugar: 7.4g (8.23%), Cholesterol: 73.71mg (24.57%), Sodium: 433.89mg (18.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.94g (57.88%), Vitamin B1: 1.23mg (81.67%), Selenium: 43.66µg (62.37%), Vitamin B6: 1.08mg (54.16%), Vitamin B3: 9mg (44.98%), Vitamin C: 32.33mg (39.19%), Manganese: 0.73mg (36.6%), Phosphorus: 365.42mg (36.54%), Vitamin K: 36.78µg (35.03%), Vitamin B2: 0.46mg (27.17%), Vitamin A: 1039.61IU (20.79%), Potassium: 691.89mg (19.77%), Zinc: 2.89mg (19.29%), Vitamin B5: 1.75mg (17.5%), Magnesium: 65.47mg (16.37%), Copper: 0.3mg (15.2%), Iron: 2.55mg (14.14%), Folate: 43.71µg (10.93%), Fiber: 2.7g (10.82%), Vitamin E: 1.57mg (10.45%), Vitamin B12: 0.6µg (10%), Calcium: 50.06mg (5.01%), Vitamin D: 0.23µg (1.51%)