



Colombo Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons coriander seeds
- ☐ 2 teaspoons cumin seeds
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups green onions thinly sliced

- ☐ 2 teaspoons ground fenugreek
- ☐ 2 teaspoons ground turmeric
- ☐ 1.5 pounds pork tenderloin trimmed cut into 1/2-inch cubes
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons mustard seeds
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup shallots finely chopped
- ☐ 3 cups sweet potatoes and into cubed peeled ()
- ☐ 2 tablespoons rice long-grain white uncooked

Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Place rice in a small nonstick skillet; cook over medium-high heat 3 minutes or until lightly browned, stirring constantly.
- ☐ Add coriander, cumin, mustard seeds, and cloves; cook 30 seconds, stirring constantly.
- ☐ Add turmeric and fenugreek; cook for 15 seconds, stirring constantly.
- ☐ Remove mixture from pan; let stand 5 minutes.
- ☐ Place in a spice or coffee grinder; process until finely ground.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onions, shallots, ginger, and garlic; saut 1 1/2 minutes.
- ☐ Add pork; saut 3 minutes.
- ☐ Add sweet potato; cook 1 minute, stirring frequently. Stir in broth; bring to a boil. Stir in ground rice mixture; cover, reduce heat, and simmer 15 minutes or until sweet potato is tender. Stir in lime juice, salt, and pepper.

Nutrition Facts



 **PROTEIN 41.32%**  **FAT 19.84%**  **CARBS 38.84%**

Properties

Glycemic Index:44.7, Glycemic Load:10.35, Inflammation Score:-10, Nutrition Score:29.057391259981%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 264.89kcal (13.24%), Fat: 5.85g (9%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 25.78g (8.59%), Net Carbohydrates: 21.38g (7.77%), Sugar: 5.22g (5.8%), Cholesterol: 73.71mg (24.57%), Sodium: 667.71mg (29.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.41g (54.83%), Vitamin A: 9696.22IU (193.92%), Vitamin B1: 1.24mg (82.65%), Vitamin B6: 1.17mg (58.26%), Selenium: 40.49µg (57.84%), Vitamin K: 55.26µg (52.63%), Vitamin B3: 8.75mg (43.73%), Phosphorus: 368.38mg (36.84%), Vitamin B2: 0.48mg (28.49%), Potassium: 910.67mg (26.02%), Manganese: 0.52mg (25.98%), Iron: 3.67mg (20.41%), Zinc: 2.8mg (18.65%), Magnesium: 72.2mg (18.05%), Fiber: 4.4g (17.6%), Vitamin B5: 1.72mg (17.21%), Copper: 0.31mg (15.65%), Vitamin B12: 0.71µg (11.84%), Vitamin C: 9.53mg (11.55%), Folate: 34.35µg (8.59%), Calcium: 75.55mg (7.56%), Vitamin E: 1.09mg (7.26%), Vitamin D: 0.23µg (1.51%)