



Couscous and Sweet Potatoes with Pork

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups couscous uncooked
- 1 pound pork tenderloin thinly sliced
- 1 medium sweet potatoes and into peeled sliced into thin strips
- 1 cup bacon
- 0.5 cup water
- 2 tablespoons honey
- 0.3 cup cilantro leaves fresh chopped

Equipment

frying pan

Directions

Cook couscous as directed on package.

While couscous is cooking, spray 12-inch skillet with cooking spray. Cook pork in skillet over medium heat 2 to 3 minutes, stirring occasionally, until brown.

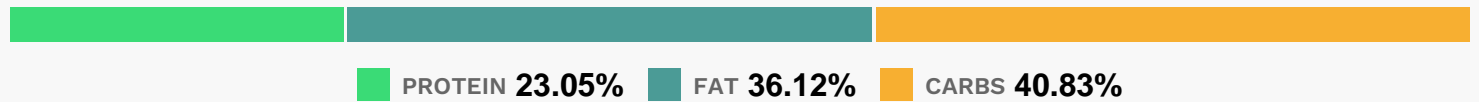
Stir sweet potato, salsa, water and honey into pork.

Heat to boiling; reduce heat to medium. Cover and cook 5 to 6 minutes, stirring occasionally, until potato is tender.

Sprinkle with cilantro.

Serve pork mixture over couscous.

Nutrition Facts



Properties

Glycemic Index:51.82, Glycemic Load:40.67, Inflammation Score:-10, Nutrition Score:29.806087027425%

Flavonoids

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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 707.39kcal (35.37%), Fat: 27.93g (42.96%), Saturated Fat: 9.29g (58.06%), Carbohydrates: 71.05g (23.68%), Net Carbohydrates: 66.06g (24.02%), Sugar: 10.99g (12.21%), Cholesterol: 112.75mg (37.58%), Sodium: 490.44mg (21.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.1g (80.2%), Vitamin A: 8107.29IU (162.15%), Vitamin B1: 1.43mg (95.15%), Selenium: 46.68µg (66.69%), Vitamin B3: 12.48mg (62.39%), Vitamin B6: 1.22mg (60.91%), Phosphorus: 498.47mg (49.85%), Manganese: 0.69mg (34.34%), Vitamin B2: 0.52mg (30.63%), Vitamin B5: 2.55mg (25.49%), Potassium: 871.53mg (24.9%), Zinc: 3.56mg (23.72%), Magnesium: 81.15mg (20.29%), Fiber: 4.99g (19.95%), Copper: 0.38mg (19.1%), Vitamin B12: 0.89µg (14.76%), Iron: 2.45mg (13.61%), Folate: 20.02µg (5.01%), Vitamin E: 0.68mg (4.5%), Calcium: 44.47mg (4.45%), Vitamin K: 4.12µg (3.92%), Vitamin D: 0.58µg (3.85%), Vitamin C: 1.68mg (2.03%)