



Curried Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



797 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium size cooking apples chopped
- ☐ 2 celery stalks chopped
- ☐ 2 teaspoons chicken soup base
- ☐ 2 teaspoons curry powder
- ☐ 2 garlic cloves pressed
- ☐ 1 medium onion chopped
- ☐ 4 plum tomatoes chopped
- ☐ 1 pound fatty pork boneless lean cut into 1/2-inch cubes

- ☐ 4 servings quick-cooking rice hot cooked
- ☐ 0.3 cup raisins
- ☐ 4 servings condiments: roasted peanuts plain toasted chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup water

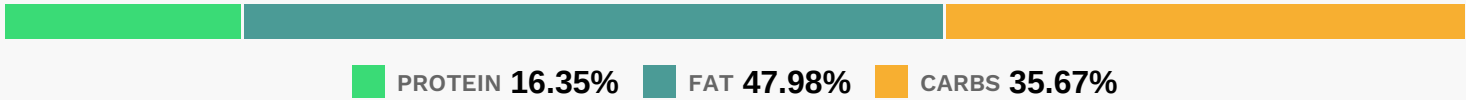
Equipment

- ☐ frying pan

Directions

- ☐ Saut first 4 ingredients in hot oil in a large skillet over medium heat 7 minutes or until pork is browned.
- ☐ Add 1 cup water and next 5 ingredients. Cover, reduce heat, and simmer 20 minutes or until pork is done.
- ☐ Serve over rice with desired condiments.

Nutrition Facts



Properties

Glycemic Index:55.7, Glycemic Load:8.5, Inflammation Score:-8, Nutrition Score:31.179130284683%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.63mg, Quercetin: 9.63mg, Quercetin: 9.63mg, Quercetin: 9.63mg

Quercetin: 9.63mg, Quercetin: 9.63mg

Nutrients (% of daily need)

Calories: 796.73kcal (39.84%), Fat: 43.25g (66.54%), Saturated Fat: 11.91g (74.47%), Carbohydrates: 72.36g (24.12%), Net Carbohydrates: 64.33g (23.39%), Sugar: 12.53g (13.92%), Cholesterol: 81.78mg (27.26%), Sodium: 450.13mg (19.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.17g (66.34%), Vitamin B1: 1.46mg (97.09%), Manganese: 1.44mg (72.2%), Selenium: 49.61µg (70.87%), Vitamin B3: 13.56mg (67.81%), Folate: 201.12µg (50.28%), Phosphorus: 421.13mg (42.11%), Vitamin B6: 0.74mg (37.08%), Fiber: 8.03g (32.11%), Iron: 5.74mg (31.87%), Potassium: 960.71mg (27.45%), Zinc: 4.08mg (27.21%), Magnesium: 100.07mg (25.02%), Copper: 0.46mg (22.99%), Vitamin B2: 0.38mg (22.07%), Vitamin C: 16.65mg (20.19%), Vitamin B5: 1.56mg (15.6%), Vitamin K: 14.92µg (14.21%), Vitamin B12: 0.8µg (13.28%), Vitamin A: 593.08IU (11.86%), Calcium: 89.34mg (8.93%), Vitamin E: 1.03mg (6.89%)