



Curried Pork and Chai Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



276 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 spiced chai tea bags
- ☐ 1 teaspoon curry powder
- ☐ 1 cup brown rice instant uncooked
- ☐ 1 large navel oranges
- ☐ 16 ounce center-cut loin pork chops boneless (1/)
- ☐ 0.5 teaspoon salt divided
- ☐ 0.8 cup water

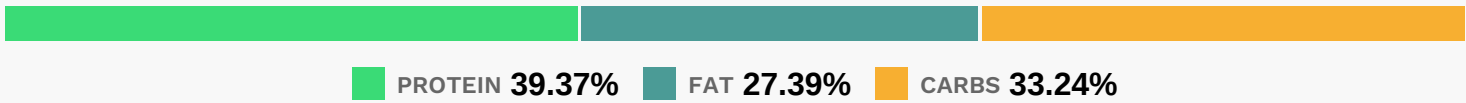
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Grate rind from orange to measure 1 teaspoon. Squeeze juice from orange to measure 6 tablespoons.
- ☐ Combine 2 tablespoons orange juice, 3/4 cup plus 2 tablespoons water, and tea bags in a medium saucepan; bring to a boil.
- ☐ Add rice; cover, reduce heat, and simmer 5 minutes.
- ☐ Remove from heat; let stand, covered, 5 minutes.
- ☐ Remove tea bags; stir in orange rind and 1/4 teaspoon salt.
- ☐ While rice cooks, sprinkle pork evenly with 1/4 teaspoon salt, curry powder, and cumin, if desired.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork; cook 4 minutes on each side or until done.
- ☐ Transfer to a serving platter, and keep warm.
- ☐ Add remaining 4 tablespoons orange juice to pan; cook 1 minute, scraping pan to loosen browned bits or until reduced to 2 tablespoons.
- ☐ Drizzle sauce over pork; serve with rice.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:18.220435002576%

Flavonoids

Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 276.24kcal (13.81%), Fat: 8.19g (12.61%), Saturated Fat: 2.83g (17.68%), Carbohydrates: 22.38g (7.46%), Net Carbohydrates: 21.03g (7.65%), Sugar: 3g (3.33%), Cholesterol: 75.98mg (25.33%), Sodium: 350.09mg (15.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.5g (53%), Vitamin B1: 0.98mg (65.37%), Selenium: 45.62µg (65.17%), Vitamin B3: 10.73mg (53.65%), Vitamin B6: 0.88mg (44.15%), Phosphorus: 291.44mg (29.14%), Vitamin C: 20.74mg (25.14%), Folate: 71.79µg (17.95%), Potassium: 494.65mg (14.13%), Zinc: 2.12mg (14.12%), Vitamin B2: 0.24mg (13.83%), Manganese: 0.25mg (12.6%), Iron: 2.12mg (11.76%), Vitamin B5: 1.01mg (10.09%), Vitamin B12: 0.6µg (10.02%), Magnesium: 38.06mg (9.52%), Copper: 0.13mg (6.33%), Fiber: 1.34g (5.38%), Calcium: 31.62mg (3.16%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.32mg (2.12%), Vitamin A: 95.92IU (1.92%)