



 **99%**
HEALTH SCORE

Curried Pork-and-Sweet Potato Stew

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.8 pound pork loin boneless lean cut into 3/4-inch cubes
- 0.3 teaspoon coconut extract
- 2 cups rice hot cooked
- 1 tablespoon cornstarch
- 1 tablespoon curry powder
- 0.5 teaspoon sesame oil dark
- 1 tablespoon parsley fresh chopped

- 1 teaspoon garam masala
- 1 garlic clove crushed
- 1 cup bell pepper diced green
- 0.3 teaspoon ground pepper red
- 1 tablespoon juice of lemon fresh
- 1.5 cups yogurt plain low-fat
- 1.5 cups low-salt chicken broth canned
- 1 teaspoon maple syrup
- 2 teaspoons olive oil divided
- 1 cup onion diced
- 1 cup bell pepper diced red
- 0.3 teaspoon salt
- 4 cups sweet potatoes and into cubed peeled (1-inch)
- 0.3 cup no-salt-added tomato sauce
- 2 tablespoons water

Equipment

- bowl
- frying pan
- oven
- whisk
- plastic wrap
- dutch oven
- colander
- cheesecloth

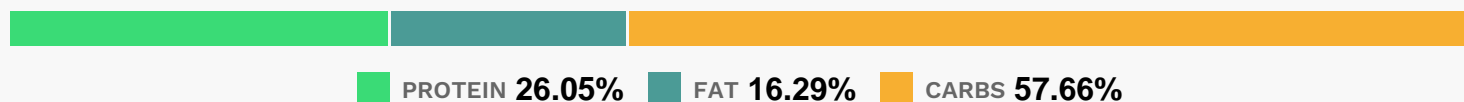
Directions

- Place a colander in a 2-quart glass measure or medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over outside edges. Spoon yogurt into colander.

Cover loosely with plastic wrap; refrigerate 12 hours. Spoon yogurt cheese into a bowl; discard liquid.

- Add maple syrup and 1/4 teaspoon coconut extract to yogurt cheese; stir well, and set aside.
- Preheat oven to 35
- Heat 1 teaspoon olive oil in a large ovenproof Dutch oven over medium-high heat.
- Add pork, browning well on all sides.
- Remove pork from pan, and set aside.
- Heat remaining 1 teaspoon olive oil and sesame oil in pan over medium-high heat.
- Add sweet potato, onion, bell peppers, and garlic; saut 2 minutes.
- Add curry powder; saut 3 minutes. Return pork to pan, and stir in broth, tomato sauce, and bay leaf. Bring to a boil; remove from heat, and cover.
- Bake at 350 for 40 minutes.
- Strain pork mixture through a colander into a bowl. Return broth mixture to pan; set pork mixture aside.
- Combine cornstarch and water in a bowl; stir well.
- Add cornstarch mixture, lemon juice, garam masala, salt, and ground red pepper to pan; bring to a boil, and cook 1 minute, stirring constantly.
- Add one-fourth of broth mixture to yogurt cheese mixture; stir constantly with a whisk.
- Add yogurt cheese mixture to pan. Return pork mixture to pan; cook over medium heat until heated (do not boil).
- Remove from heat; stir in 1/4 teaspoon coconut extract.
- Serve over rice; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:104.13, Glycemic Load:39.33, Inflammation Score:-10, Nutrition Score:35.345217601113%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

Nutrients (% of daily need)

Calories: 483.18kcal (24.16%), Fat: 8.77g (13.5%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 69.86g (23.29%), Net Carbohydrates: 62.52g (22.73%), Sugar: 18.13g (20.15%), Cholesterol: 59.09mg (19.7%), Sodium: 431.28mg (18.75%), Alcohol: 0.11g (100%), Alcohol %: 0.02% (100%), Protein: 31.56g (63.12%), Vitamin A: 20439.67IU (408.79%), Vitamin C: 88.88mg (107.73%), Vitamin B6: 1.34mg (66.75%), Manganese: 1.01mg (50.33%), Phosphorus: 487.49mg (48.75%), Selenium: 34.08µg (48.68%), Vitamin B1: 0.61mg (40.59%), Vitamin B3: 8.09mg (40.45%), Potassium: 1375.41mg (39.3%), Vitamin B2: 0.57mg (33.34%), Fiber: 7.34g (29.37%), Vitamin B5: 2.81mg (28.14%), Vitamin K: 27.03µg (25.74%), Calcium: 254.24mg (25.42%), Magnesium: 101.32mg (25.33%), Zinc: 3.57mg (23.78%), Copper: 0.45mg (22.28%), Vitamin B12: 1.04µg (17.28%), Folate: 61.72µg (15.43%), Iron: 2.77mg (15.4%), Vitamin E: 2.15mg (14.31%), Vitamin D: 0.34µg (2.27%)