



Curried Pork over Basmati Rice

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds pork loin boneless cut into 1-inch cubes
- ☐ 1 teaspoon canola oil
- ☐ 0.5 cup coconut milk
- ☐ 3 cups rice hot cooked
- ☐ 1 teaspoon madras curry powder
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced

- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 1 cup onion chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 3.5 cups potatoes red cubed
- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons tomato paste

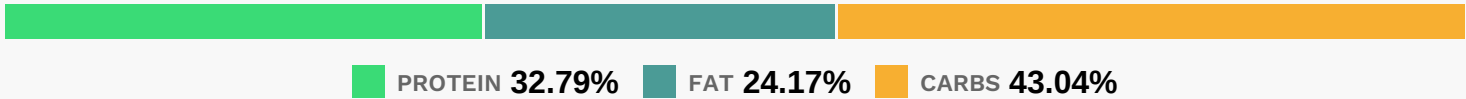
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a large skillet.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add pork; cook 4 minutes, browning on all sides.
- ☐ Combine potato and next 11 ingredients (through garlic) in an electric slow cooker; stir well to dissolve flour. Cover and cook on LOW for 6 to 8 hours or until pork and potatoes are tender. Stir in coconut milk.
- ☐ Serve pork over rice.
- ☐ Garnish each serving with a cilantro sprig, if desired.

Nutrition Facts



Properties

Glycemic Index:85.02, Glycemic Load:28.55, Inflammation Score:-8, Nutrition Score:21.65695648608%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 369.68kcal (18.48%), Fat: 9.86g (15.17%), Saturated Fat: 5.15g (32.21%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 37.01g (13.46%), Sugar: 5.48g (6.08%), Cholesterol: 71.44mg (23.81%), Sodium: 711.7mg (30.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.1g (60.21%), Vitamin B6: 1.15mg (57.29%), Selenium: 39.08µg (55.83%), Vitamin C: 39.31mg (47.65%), Vitamin B1: 0.61mg (40.76%), Vitamin B3: 8.08mg (40.41%), Manganese: 0.73mg (36.44%), Phosphorus: 359.95mg (36%), Potassium: 880.46mg (25.16%), Zinc: 2.88mg (19.22%), Vitamin A: 870.07IU (17.4%), Magnesium: 68.52mg (17.13%), Vitamin B2: 0.29mg (16.98%), Vitamin B5: 1.44mg (14.42%), Iron: 2.5mg (13.88%), Copper: 0.27mg (13.52%), Fiber: 2.51g (10.04%), Vitamin B12: 0.58µg (9.64%), Folate: 35.29µg (8.82%), Vitamin E: 1.02mg (6.78%), Vitamin K: 4.05µg (3.86%), Calcium: 38.57mg (3.86%), Vitamin D: 0.45µg (3.02%)