



Easy Pork Mole

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



35

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 0.5 tsp chili powder
- 2 cups rice long-grain white hot cooked
- 2 green onions chopped
- 0.5 tsp ground cumin
- 2 tsp maxwell house coffee instant
- 0.3 cup lite house dressing italian kraft
- 1 lb pork tenderloin cut into bite-size pieces

- 1 oz baker's semi-sweet chocolate chopped
- 1 onion yellow chopped

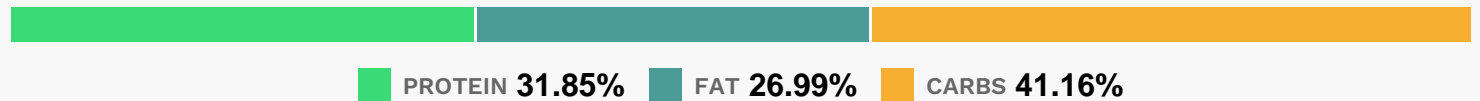
Equipment

- sauce pan

Directions

- Heat dressing in large saucepan on medium-high heat.
- Add meat and yellow onions; cook 10 min. or until meat is evenly browned and onions are crisp-tender, stirring occasionally.
- Add next 4 ingredients; mix well.
- Stir in tomatoes; simmer on low heat 15 min. or until meat is done, stirring occasionally. Top with green onions.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:4.94, Glycemic Load:2.81, Inflammation Score:-1, Nutrition Score:2.6417391196541%

Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 39.83kcal (1.99%), Fat: 1.18g (1.81%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 3.74g (1.36%), Sugar: 0.91g (1.01%), Cholesterol: 8.47mg (2.82%), Sodium: 40.73mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin B1: 0.14mg (9.12%), Selenium: 4.75µg (6.79%), Vitamin B6: 0.13mg (6.33%), Vitamin B3: 1.01mg (5.06%), Phosphorus: 41.48mg (4.15%), Manganese: 0.07mg (3.61%), Vitamin B2: 0.05mg (3.14%), Vitamin K: 2.8µg (2.67%), Potassium: 91.18mg (2.61%), Zinc: 0.34mg (2.24%), Magnesium: 8.14mg (2.03%), Iron: 0.35mg (1.97%), Copper: 0.04mg (1.93%), Vitamin C: 1.43mg (1.73%), Vitamin B5: 0.16mg (1.64%), Fiber: 0.3g (1.21%), Vitamin B12: 0.07µg (1.15%), Vitamin E: 0.17mg (1.14%)