



Fruited Indian-Style Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups rice cooked
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup cranberries dried
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 3 garlic cloves finely chopped
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon ground ginger

- ☐ 1 small onion chopped
- ☐ 8 ounce pineapple chunks in juice drained canned
- ☐ 16 ounce pork loin cutlets
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup tomatoes chopped
- ☐ 1 teaspoon turmeric
- ☐ 2 teaspoons vegetable oil

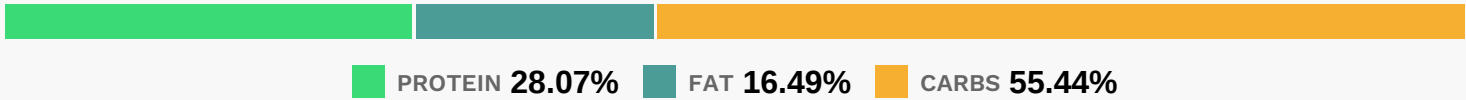
Equipment

- ☐ frying pan

Directions

- ☐ Place a large nonstick skillet over mediumhigh heat; add first 5 ingredients. Cook, stirring constantly, 1 minute or until fragrant.
- ☐ Remove from pan, and set aside.
- ☐ Heat oil in same pan over medium–high heat.
- ☐ Add pork, and cook 2 minutes on each side or until pork is browned; place on a plate, and set aside. Coat pan with cooking spray; place over medium–high heat until hot.
- ☐ Add onion and garlic; saut 3 to 4 minutes or until tender.
- ☐ Add toasted spices, broth, cranberries, salt, and pineapple; stir constantly until mixture comes to a boil.
- ☐ Return pork to pan; reduce heat, and simmer 15 minutes or until pork is tender. Stir in tomato, and cook 1 minute.
- ☐ Place rice on each of 4 plates; top with pork cutlets and sauce.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:36.64, Inflammation Score:-10, Nutrition Score:19.510869482289%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 426.51kcal (21.33%), Fat: 7.81g (12.01%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 59.06g (19.69%), Net Carbohydrates: 56.03g (20.37%), Sugar: 20.53g (22.81%), Cholesterol: 71.44mg (23.81%), Sodium: 585.85mg (25.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.91g (59.81%), Selenium: 42.74µg (61.06%), Vitamin B6: 1.1mg (55.11%), Manganese: 0.92mg (46.07%), Vitamin B1: 0.61mg (40.89%), Vitamin B3: 7.81mg (39.03%), Phosphorus: 336.36mg (33.64%), Potassium: 671.58mg (19.19%), Zinc: 2.87mg (19.16%), Vitamin B2: 0.27mg (15.98%), Magnesium: 62.54mg (15.63%), Vitamin B5: 1.46mg (14.63%), Copper: 0.27mg (13.35%), Vitamin C: 10.17mg (12.32%), Fiber: 3.04g (12.15%), Vitamin B12: 0.69µg (11.53%), Iron: 1.85mg (10.28%), Vitamin K: 7.48µg (7.13%), Vitamin E: 0.89mg (5.91%), Calcium: 48.14mg (4.81%), Vitamin A: 224.44IU (4.49%), Folate: 13.46µg (3.37%), Vitamin D: 0.45µg (3.02%)