

Galloping Horses

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

READY IN



45 min.

SERVINGS



9

CALORIES



74 kcal

SIDE DISH

Ingredients

- 0.3 cup dry-roasted peanuts
- 1 tablespoon fish sauce
- 0.3 cup cilantro leaves fresh
- 3 garlic cloves chopped
- 0.3 cup green onions chopped
- 12 ounces pork tenderloin trimmed coarsely chopped
- 4.5 inch pineapple cut into quarters
- 0.3 teaspoon salt

- 1 serrano chile halved
- 1 tablespoon sugar

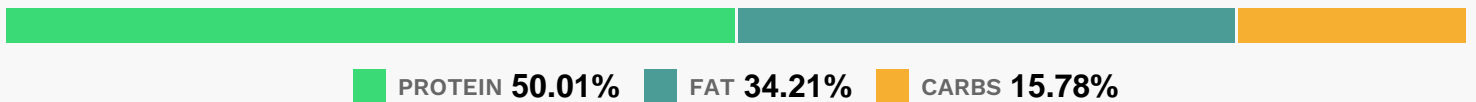
Equipment

- food processor
- bowl
- frying pan

Directions

- Place peanuts in a food processor; process until finely ground. Spoon into a bowl; set aside.
- Place onions and next 5 ingredients (through chile) in food processor, and process until finely chopped. Spoon into a bowl; set aside.
- Place pork in food processor; process until coarsely ground.
- Heat a nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add ground pork; cook 4 minutes or until done, stirring to crumble. Stir in onion mixture; cook 2 minutes, stirring frequently. Stir in ground peanuts and salt.
- Serve pork mixture over pineapple pieces.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:1.17, Inflammation Score:-2, Nutrition Score:6.6947825810184%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 74.14kcal (3.71%), Fat: 2.83g (4.36%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.41g (0.87%), Sugar: 1.65g (1.84%), Cholesterol: 24.57mg (8.19%), Sodium: 260.25mg (11.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.63%), Vitamin B1: 0.4mg (26.4%), Selenium: 12.31µg

(17.58%), Vitamin B6: 0.33mg (16.61%), Vitamin B3: 3.23mg (16.13%), Phosphorus: 112.68mg (11.27%), Vitamin K: 9.15µg (8.71%), Vitamin B2: 0.14mg (8.23%), Manganese: 0.14mg (7.18%), Potassium: 208.06mg (5.94%), Zinc: 0.83mg (5.54%), Magnesium: 21.93mg (5.48%), Vitamin B5: 0.39mg (3.94%), Copper: 0.07mg (3.56%), Vitamin B12: 0.2µg (3.37%), Iron: 0.57mg (3.16%), Vitamin C: 2.04mg (2.48%), Folate: 9.19µg (2.3%), Fiber: 0.53g (2.13%), Vitamin A: 74.23IU (1.48%), Calcium: 11.87mg (1.19%)