

Goan Pork Vindaloo



Gluten Free



Dairy Free

READY IN



595 min.

SERVINGS



8

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 2 pounds pork loin roast boneless trimmed cut into 1-inch cubes
- ☐ 16 kashmiri chile peppers dried stemmed seeded
- ☐ 1 stick piece cinnamon (1 inch)
- ☐ 1 teaspoon cumin seeds
- ☐ 2 inch ginger root fresh minced
- ☐ 10 cloves garlic minced to taste
- ☐ 2 chile peppers green seeded cut into strips

- ☐ 0.5 teaspoon ground turmeric
- ☐ 4 onions chopped
- ☐ 8 servings salt to taste
- ☐ 0.3 cup vegetable oil
- ☐ 2 cups water boiling
- ☐ 0.3 cup vinegar white

Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ mortar and pestle
- ☐ dutch oven

Directions

- ☐ Grind the Kashmiri chiles, cinnamon stick, cumin, clove, peppercorns, and turmeric with a mortar and pestle or electric coffee grinder until the spices have been ground smooth.
- ☐ Mix with 1 tablespoon of white vinegar to create a smooth paste. Season to taste with salt.
- ☐ Mix the pork cubes with the spice-vinegar paste in a bowl until evenly coated. Cover the bowl with plastic wrap, and marinate in the refrigerator overnight.
- ☐ Heat the vegetable oil in a Dutch oven or large pot over medium-high heat. Cook and stir the onions, garlic, and ginger until golden brown, about 10 minutes.
- ☐ Add the pork and its marinade, and cook, stirring frequently, until the pork cubes have firmed, about 5 minutes.
- ☐ Pour in the water, bring to simmer, then reduce heat, cover, and cook until the pork is tender, about 40 minutes.
- ☐ Stir in the green chile pepper strips and 1/4 cup of vinegar. Cook uncovered until the green chile peppers have softened and the vindaloo has thickened, about 30 more minutes. Season to taste with salt before serving.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:4.53, Inflammation Score:-9, Nutrition Score:23.843043638312%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg

Nutrients (% of daily need)

Calories: 282.52kcal (14.13%), Fat: 11.98g (18.43%), Saturated Fat: 2.54g (15.84%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 12.97g (4.72%), Sugar: 7.57g (8.41%), Cholesterol: 71.44mg (23.81%), Sodium: 301.67mg (13.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.05g (56.1%), Vitamin C: 136.08mg (164.94%), Vitamin B6: 1.43mg (71.58%), Selenium: 32.77µg (46.81%), Vitamin B1: 0.6mg (40.17%), Vitamin B3: 7.76mg (38.82%), Phosphorus: 318.74mg (31.87%), Vitamin K: 26.03µg (24.79%), Potassium: 829.87mg (23.71%), Manganese: 0.45mg (22.42%), Vitamin B2: 0.31mg (18.28%), Vitamin A: 864.21IU (17.28%), Zinc: 2.45mg (16.36%), Magnesium: 59.94mg (14.98%), Fiber: 3.12g (12.5%), Copper: 0.24mg (11.83%), Vitamin B5: 1.12mg (11.25%), Iron: 2.02mg (11.2%), Vitamin B12: 0.58µg (9.64%), Vitamin E: 1.37mg (9.13%), Folate: 31.6µg (7.9%), Calcium: 48.52mg (4.85%), Vitamin D: 0.45µg (3.02%)