



## Harvest Pork, Sweet Potatoes and Rice

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

READY IN



80 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb pork loin boneless cut into 1/2 to 1-inch pieces
- 1 medium onion red cut into thin wedges (1 cup)
- 3 cups sweet potatoes and into cubed peeled
- 1.5 cups green beans frozen (from 1-lb bag)
- 1 cup rice long-grain white uncooked
- 3 teaspoons curry powder
- 0.5 teaspoon salt
- 0.3 teaspoon ground ginger

- 2 cups apple juice
- 2 tablespoons maple syrup

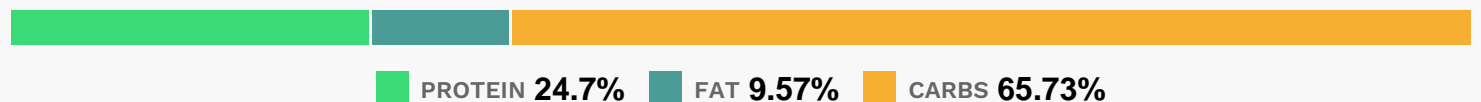
## Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In 10-inch nonstick skillet, cook pork and onion over medium-high heat 5 minutes, stirring occasionally, until pork is no longer pink in center.
- In baking dish, mix pork mixture and all remaining ingredients. Cover with foil.
- Bake 1 hour or until rice is tender.

## Nutrition Facts



## Properties

Glycemic Index:45.74, Glycemic Load:27.75, Inflammation Score:-10, Nutrition Score:20.897826236227%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

## Nutrients (% of daily need)

Calories: 344.94kcal (17.25%), Fat: 3.63g (5.59%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 56.13g (18.71%), Net Carbohydrates: 52.18g (18.97%), Sugar: 16.47g (18.3%), Cholesterol: 47.63mg (15.88%), Sodium: 275.78mg (11.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.18%), Vitamin A: 9635.18IU (192.7%), Manganese: 0.88mg (44.05%), Vitamin B6: 0.85mg (42.4%), Selenium: 26.55µg (37.93%), Vitamin B1: 0.46mg (30.91%), Vitamin B3: 5.54mg (27.69%), Phosphorus: 261.99mg (26.2%), Potassium: 742.16mg (21.2%), Vitamin B2: 0.33mg (19.54%), Fiber: 3.96g (15.84%), Vitamin B5: 1.53mg (15.33%), Magnesium: 60.95mg (15.24%), Zinc: 2.1mg (14.01%), Vitamin K: 14.12µg (13.45%), Copper: 0.26mg (12.84%), Iron: 1.8mg (10.02%), Vitamin C: 7.17mg (8.69%), Calcium: 65.63mg (6.56%), Vitamin B12: 0.39µg (6.43%), Folate: 23.89µg (5.97%), Vitamin E: 0.65mg (4.33%), Vitamin D: 0.3µg (2.02%)