



## How to Make Sweet and Sour Pork



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cube chicken bouillon
- ☐ 1.5 cups chicken broth
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic halved
- ☐ 0.5 bell pepper green finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 jalapeno fresh chopped
- ☐ 0.5 onion finely chopped

- ☐ 6 servings salt and pepper to taste
- ☐ 1 tomatoes seeded chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup rice long grain white

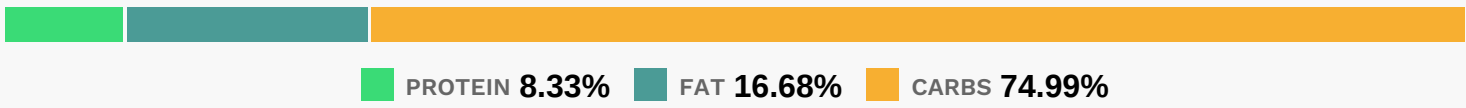
## Equipment

- ☐ sauce pan

## Directions

- ☐ In a medium sauce pan, cook rice in oil over medium heat for about 3 minutes.
- ☐ Pour in chicken broth, and bring to a boil. Stir in onion, green pepper, jalapeno, and diced tomato. Season with bouillon cube, salt and pepper, cumin, cilantro, and garlic. Bring to a boil, cover, and reduce heat to low. Cook for 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:39.2, Glycemic Load:15.35, Inflammation Score:-4, Nutrition Score:5.293913061852%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

## Nutrients (% of daily need)

Calories: 147.8kcal (7.39%), Fat: 2.72g (4.18%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 26.36g (9.59%), Sugar: 1.57g (1.75%), Cholesterol: 1.17mg (0.39%), Sodium: 416.7mg (18.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.11%), Manganese: 0.43mg (21.61%), Vitamin C: 14.76mg (17.89%), Vitamin K: 11.17µg (10.64%), Selenium: 5.04µg (7.2%), Vitamin A: 326.1IU (6.52%), Vitamin B6: 0.12mg (5.94%), Copper: 0.11mg (5.3%), Phosphorus: 50.22mg (5.02%), Fiber: 1.1g (4.41%), Vitamin B3: 0.86mg (4.29%), Potassium: 143.12mg (4.09%), Vitamin B5: 0.38mg (3.75%), Vitamin B2: 0.06mg (3.75%), Vitamin B1: 0.06mg (3.68%), Magnesium: 13.9mg (3.47%), Vitamin E: 0.51mg (3.43%), Zinc: 0.46mg (3.1%), Iron: 0.55mg (3.04%), Folate:

9.77µg (2.44%), Calcium: 19.89mg (1.99%)