



WHATSheATE



HEALTH SCORE

72%

Indian-Spiced Pork in Tomato Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

SAUCE

Ingredients

- ☐ 1.5 pounds baking potatoes cut into 1/2-inch cubes
- ☐ 0.3 teaspoon peppercorns black
- ☐ 2 pounds pork loin boneless trimmed cut into 1/2-inch cubes
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 1 teaspoon cumin seeds
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 1 tablespoon ginger fresh finely chopped
- ☐ 6 garlic clove crushed

- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground pepper red
- ☐ 1 teaspoon mustard seeds
- ☐ 2 cups onion chopped (1 medium)
- ☐ 0.8 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 3 tablespoons vinegar white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

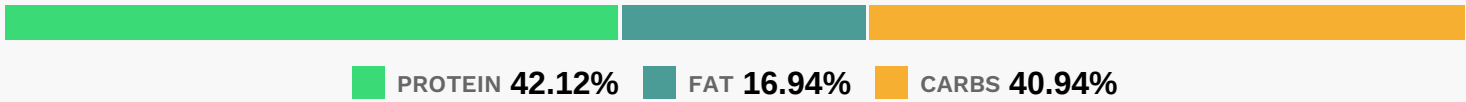
Directions

- ☐ Heat first 7 ingredients in a dry skillet over medium heat about 3 minutes or until fragrant, stirring often.
- ☐ Transfer spice mixture to blender or food processor; add onion, vinegar, ginger, sugar, and garlic; process 2 minutes or until well blended.
- ☐ Combine pork and spice mixture in a glass bowl, tossing to coat. Cover and chill 30 minutes.
- ☐ Heat a Dutch oven over medium heat. Coat pan with cooking spray.
- ☐ Add half of pork mixture; cook 5 minutes or until pork begins to brown, stirring often.
- ☐ Transfer to a bowl. Repeat process with cooking spray and remaining pork.
- ☐ Add broth to pan, scraping pan to loosen browned bits.
- ☐ Add pork mixture to pan. Stir in potato, salt, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 1 hour or until potato is cooked and pork is tender, stirring occasionally.

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Garnish with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:65.64, Glycemic Load:21.23, Inflammation Score:-7, Nutrition Score:29.066956831061%

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: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg

Nutrients (% of daily need)

Calories: 373.06kcal (18.65%), Fat: 7.11g (10.93%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 33.22g (12.08%), Sugar: 10.31g (11.45%), Cholesterol: 95.25mg (31.75%), Sodium: 703.65mg (30.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.75g (79.49%), Vitamin B6: 1.85mg (92.62%), Selenium: 45.86µg (65.51%), Vitamin B1: 0.9mg (60.24%), Vitamin B3: 11.86mg (59.29%), Phosphorus: 477.99mg (47.8%), Potassium: 1555.81mg (44.45%), Manganese: 0.69mg (34.7%), Vitamin C: 23.97mg (29.05%), Magnesium: 103.83mg (25.96%), Copper: 0.5mg (24.98%), Vitamin B2: 0.42mg (24.82%), Zinc: 3.63mg (24.18%), Iron: 4.12mg (22.86%), Fiber: 5.42g (21.68%), Vitamin B5: 1.97mg (19.74%), Vitamin B12: 0.85µg (14.11%), Vitamin E: 2.02mg (13.46%), Folate: 45.04µg (11.26%), Calcium: 96.58mg (9.66%), Vitamin K: 9.98µg (9.51%), Vitamin A: 431.49IU (8.63%), Vitamin D: 0.6µg (4.03%)