



Indian-Spiced Pork with Raita

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon coriander seeds
- ☐ 1 teaspoon cumin seeds
- ☐ 1 cup cucumber english grated
- ☐ 1 teaspoon fennel seeds
- ☐ 1 garlic clove minced
- ☐ 1 Dash ground pepper red

- ☐ 1 pound pork tenderloin trimmed
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 0.7 cup greek yogurt plain 2%
- ☐ 0.3 teaspoon salt

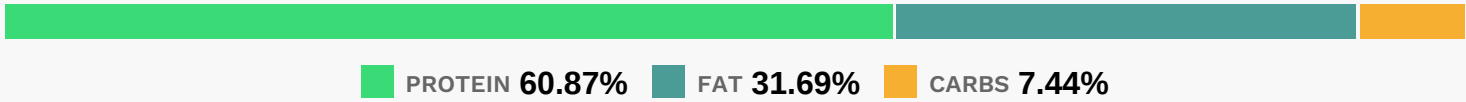
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Combine coriander seeds, cumin seeds, fennel seeds, 1/4 teaspoon salt, and black pepper in a spice grinder, and process until finely ground.
- ☐ Brush canola oil over pork tenderloin. Rub with spice mixture.
- ☐ Place pork on a roasting rack in pan; let stand at room temperature 30 minutes. Preheat oven to 425
- ☐ Roast pork at 425 for 15 minutes or until a thermometer registers 145
- ☐ Let stand for 5 minutes; slice. Squeeze moisture from cucumber.
- ☐ Combine cucumber, yogurt, lemon rind, 1/4 teaspoon salt, ground red pepper, and minced garlic.
- ☐ Serve with pork.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:17.401304257953%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg,

Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 185.73kcal (9.29%), Fat: 6.4g (9.85%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.65g (0.96%), Sugar: 1.58g (1.75%), Cholesterol: 75.38mg (25.13%), Sodium: 219.62mg (9.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.66g (55.33%), Vitamin B1: 1.15mg (76.97%), Selenium: 38.58µg (55.12%), Vitamin B6: 0.93mg (46.45%), Vitamin B3: 7.75mg (38.75%), Phosphorus: 340.15mg (34.01%), Vitamin B2: 0.5mg (29.22%), Zinc: 2.45mg (16.34%), Potassium: 567.83mg (16.22%), Vitamin B12: 0.81µg (13.53%), Vitamin B5: 1.15mg (11.46%), Magnesium: 43.62mg (10.91%), Iron: 1.75mg (9.71%), Copper: 0.14mg (6.89%), Vitamin K: 7.02µg (6.69%), Manganese: 0.13mg (6.44%), Calcium: 64.05mg (6.41%), Vitamin E: 0.9mg (6.01%), Fiber: 0.72g (2.9%), Vitamin C: 2.2mg (2.66%), Vitamin D: 0.23µg (1.51%), Folate: 4.37µg (1.09%)