



WHATSheATE



Mexican rice with chipotle pork & avocado salsa

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



852 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g boston butt pork shoulder cut into 3cm pieces
- ☐ 2 tbsp chipotle paste
- ☐ 2 tsp ground cumin smoked
- ☐ 1 tsp sugar
- ☐ 1 tsp vegetable oil
- ☐ 100 g rice
- ☐ 400 g black bean garlic sauce rinsed drained canned

- ☐ 1 avocado cut into chunks
- ☐ 1 small onion red finely chopped
- ☐ 1 handful cilantro leaves roughly chopped
- ☐ 1 lime juiced
- ☐ 2 tbsp jalapeño peppers rinsed

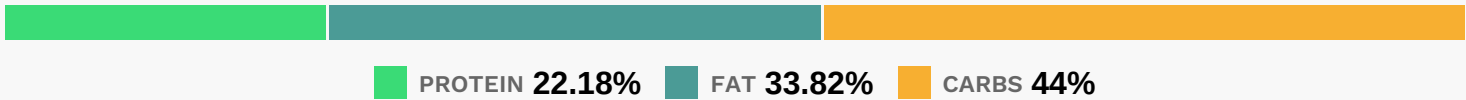
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Toss the pork with 1 tbsp of the chipotle paste, cumin, paprika, sugar and some seasoning.
- ☐ Spread on a baking tray, drizzle with the vegetable oil and bake for 20 mins until tender.
- ☐ Meanwhile, cook the rice following pack instructions until just cooked, then drain. Put back in the pan, add the beans and keep warm with a lid on.
- ☐ In a small bowl, toss the avocado with the red onion, most of the coriander, remaining chipotle paste and lime juice, then season.
- ☐ Serve the rice and beans with the pork, avocado salsa, jalapeo, lime wedges and remaining coriander.

Nutrition Facts



Properties

Glycemic Index:133.64, Glycemic Load:28.26, Inflammation Score:-8, Nutrition Score:33.499999958536%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg 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: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg

Nutrients (% of daily need)

Calories: 851.69kcal (42.58%), Fat: 32.46g (49.94%), Saturated Fat: 5.66g (35.36%), Carbohydrates: 95.01g (31.67%), Net Carbohydrates: 73.8g (26.84%), Sugar: 28.85g (32.06%), Cholesterol: 81.74mg (27.25%), Sodium: 282.68mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.9g (95.79%), Fiber: 21.2g (84.81%), Vitamin B1: 1.23mg (82.29%), Selenium: 44.53µg (63.61%), Vitamin B6: 0.96mg (47.88%), Iron: 8.43mg (46.83%), Manganese: 0.86mg (43.08%), Vitamin B3: 8.05mg (40.25%), Phosphorus: 390.92mg (39.09%), Zinc: 5.29mg (35.26%), Vitamin B2: 0.57mg (33.75%), Potassium: 1140.94mg (32.6%), Vitamin C: 26.54mg (32.17%), Vitamin K: 33.31µg (31.73%), Vitamin B5: 3.1mg (30.99%), Folate: 107.47µg (26.87%), Copper: 0.5mg (24.96%), Magnesium: 84.11mg (21.03%), Vitamin E: 2.59mg (17.26%), Vitamin B12: 1.02µg (17.08%), Vitamin A: 502.26IU (10.05%), Calcium: 89.13mg (8.91%)