



Paprika Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup celery chopped
- ☐ 4 servings rice hot cooked
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon paprika
- ☐ 1 pound fatty pork boneless lean cut into 3/4-inch cubes
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons lard

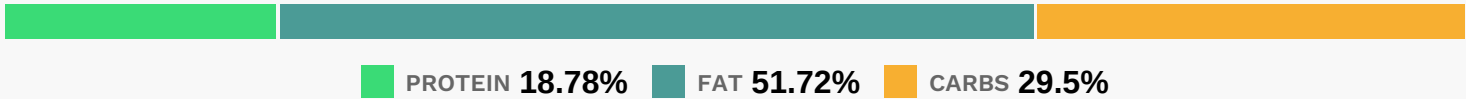
Equipment

☐ frying pan

Directions

- ☐ Saut pork cubes in lard in a large skillet; add salt and paprika , mixing well. Stir in celery, onion, and molasses.
- ☐ Add water to cover. Cook mixture, covered, over medium heat 30 minutes. Reduce heat; uncover and cook an additional 15 minutes , stirring mixture frequently.
- ☐ Serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:28.15, Inflammation Score:-6, Nutrition Score:16.864347675572%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 472.67kcal (23.63%), Fat: 26.87g (41.34%), Saturated Fat: 9.64g (60.26%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 32.91g (11.97%), Sugar: 9.6g (10.66%), Cholesterol: 81.65mg (27.22%), Sodium: 671.6mg (29.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.95g (43.9%), Vitamin B1: 0.88mg (58.39%), Selenium: 35.93µg (51.34%), Vitamin B6: 0.65mg (32.61%), Manganese: 0.62mg (31.21%), Vitamin B3: 5.51mg (27.53%), Phosphorus: 254.75mg (25.47%), Zinc: 3.03mg (20.23%), Vitamin B2: 0.31mg (18.14%), Potassium: 634.67mg (18.13%), Magnesium: 62.91mg (15.73%), Vitamin B12: 0.79µg (13.23%), Vitamin B5: 1.29mg (12.87%), Iron: 1.87mg (10.42%), Copper: 0.18mg (9.13%), Vitamin K: 9.27µg (8.83%), Vitamin A: 368.38IU (7.37%), Calcium: 65.11mg (6.51%), Fiber: 1.57g (6.3%), Folate: 24.97µg (6.24%), Vitamin C: 4.54mg (5.5%), Vitamin E: 0.4mg (2.7%)