



Peppery Cajun Pork Pasta

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



377 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces fettuccine barilla uncooked
- 1 pound pork tenderloin
- 4 teaspoons cajun spice
- 1 tablespoon vegetable oil
- 1.5 cups onion red chopped
- 2.5 cups zucchini chopped
- 0.3 teaspoon salt
- 1 cup roma tomatoes chopped (plum)

- 15 ounces blackeyed peas rinsed drained canned
- 0.3 cup juice of lemon
- 1 teaspoon oregano dried
- 0.3 teaspoon pepper freshly ground
- 1 serving hot sauce red

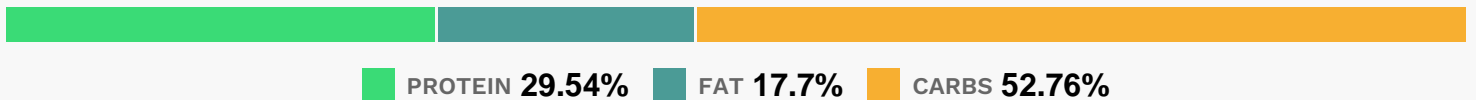
Equipment

- frying pan

Directions

- Cook and drain fettuccine as directed on package.
- While fettuccine is cooking, cut pork into 1/4-inch slices; sprinkle with Cajun seasoning.
- Heat oil in 12-inch nonstick skillet over medium-high heat. Cook pork in oil 4 to 6 minutes, turning occasionally, until pork is slightly pink in center.
- Remove
- from skillet; keep warm.
- Spray same skillet with cooking spray; heat over medium-high heat. Cook onion in skillet about 4 minutes, stirring frequently, until onion begins to brown. Stir in zucchini and salt. Cook about 4 minutes, stirring frequently, until vegetables are tender. Stir in remaining ingredients. Cook about 1 minute, stirring frequently, until heated through.
- Toss vegetable mixture and fettuccine.
- Serve pork over fettuccine mixture, or toss pork with fettuccine mixture.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:16.89, Inflammation Score:-9, Nutrition Score:27.973913068357%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

Nutrients (% of daily need)

Calories: 377.09kcal (18.85%), Fat: 7.49g (11.52%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 50.23g (16.74%), Net Carbohydrates: 42.05g (15.29%), Sugar: 7.48g (8.31%), Cholesterol: 80.89mg (26.96%), Sodium: 156.23mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.12g (56.23%), Selenium: 54.88µg (78.4%), Vitamin B1: 1.01mg (67.57%), Folate: 187.79µg (46.95%), Vitamin B6: 0.93mg (46.58%), Manganese: 0.91mg (45.42%), Phosphorus: 431.69mg (43.17%), Vitamin B3: 6.82mg (34.08%), Fiber: 8.18g (32.73%), Vitamin C: 21.86mg (26.5%), Potassium: 919.29mg (26.27%), Magnesium: 101.57mg (25.39%), Vitamin B2: 0.41mg (24.38%), Zinc: 3.43mg (22.85%), Vitamin A: 1131.66IU (22.63%), Copper: 0.45mg (22.51%), Iron: 4.03mg (22.41%), Vitamin B5: 1.51mg (15.1%), Vitamin K: 14.34µg (13.66%), Vitamin E: 1.44mg (9.59%), Vitamin B12: 0.5µg (8.38%), Calcium: 65.6mg (6.56%), Vitamin D: 0.34µg (2.27%)