



Pork Afritada

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



10

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cloves garlic minced
- 1 bell pepper green cut into chunks
- 10 servings salt and ground pepper black to taste
- 0.5 juice of lemon juiced
- 2 tablespoons olive oil
- 1 onion chopped
- 2.3 pounds fatty pork boneless cut into bite-sized pieces
- 2 pounds pork livers

- 2 potatoes quartered
- 2 tablespoons soya sauce
- 2 large tomatoes diced

Equipment

- frying pan
- paper towels
- pot

Directions

- Place the pork in a large pot; pour enough water into the pot to cover the pork. Stir the soy sauce and lemon juice into the water. Bring the mixture to a boil for 5 minutes.
- Remove the meat and set aside. Discard the liquid.
- Refill the pot with fresh water; add the pork liver and bring to a boil for about 5 minutes.
- Remove the liver and allow to cool; cut into bite sized pieces. Set aside.
- Heat 3 tablespoons olive oil in a large skillet over medium-high heat; fry the potatoes in the hot oil until golden brown and cooked through, 7 to 10 minutes.
- Remove the potatoes to a plate lined with paper towels.
- Add 2 more tablespoons olive oil to the skillet and allow to get hot. Cook and stir the onion and garlic in the hot oil until fragrant, 3 to 5 minutes.
- Add the pork and pork liver to the skillet; cover and cook for 5 minutes. Stir the tomatoes into the mixture; cook together, stirring occasionally, another 5 minutes. Return the potatoes to the skillet with the green bell pepper. Season with salt and pepper. Cook and stir another 5 minutes.

Nutrition Facts



Properties

Glycemic Index:23.58, Glycemic Load:6.18, Inflammation Score:-10, Nutrition Score:49.183043521384%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 464.5kcal (23.22%), Fat: 27.89g (42.91%), Saturated Fat: 9.52g (59.47%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 11.41g (4.15%), Sugar: 2.15g (2.39%), Cholesterol: 346.54mg (115.51%), Sodium: 342.54mg (14.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.47g (76.94%), Vitamin B12: 24.3µg (405.02%), Vitamin A: 19996.7IU (399.93%), Vitamin B2: 3mg (176.43%), Iron: 22.65mg (125.85%), Selenium: 73.22µg (104.6%), Vitamin B3: 19.19mg (95.96%), Vitamin B1: 1.07mg (71.13%), Vitamin B5: 6.92mg (69.19%), Vitamin B6: 1.23mg (61.36%), Vitamin C: 48.19mg (58.42%), Folate: 213.97µg (53.49%), Zinc: 7.71mg (51.43%), Phosphorus: 484.34mg (48.43%), Copper: 0.75mg (37.4%), Manganese: 0.5mg (24.93%), Potassium: 856.01mg (24.46%), Magnesium: 53.66mg (13.42%), Fiber: 1.83g (7.34%), Vitamin K: 6.47µg (6.16%), Vitamin E: 0.65mg (4.36%), Calcium: 37.29mg (3.73%)