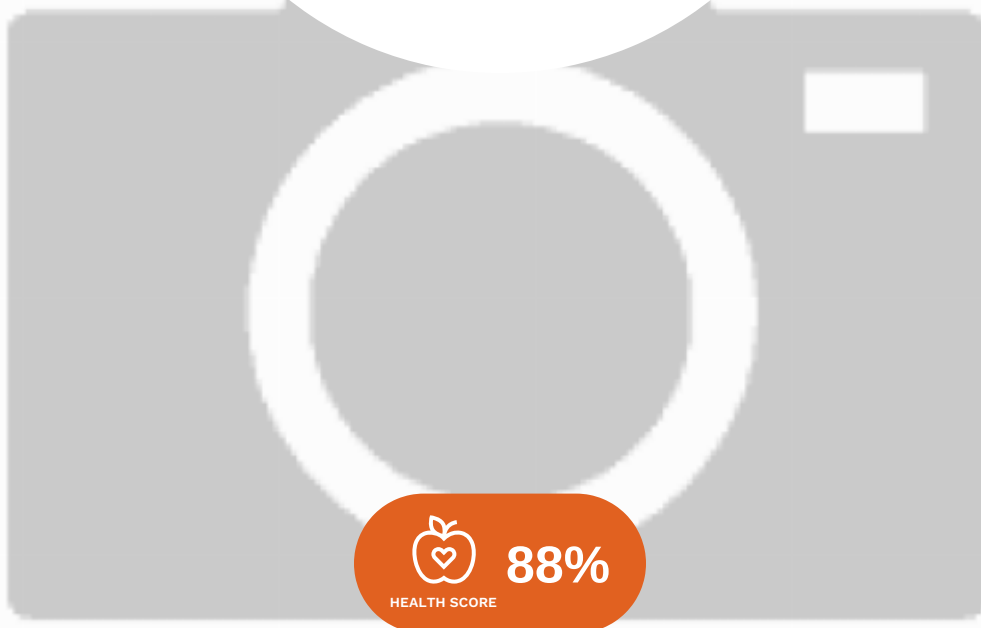




 **88%**
HEALTH SCORE

Pork and Mango Korma



Gluten Free



Very Healthy

READY IN



85 min.

SERVINGS



2

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons korma curry powder
- ☐ 2 green onions chopped
- ☐ 1 teaspoon ground paprika
- ☐ 8 ounce yogurt plain low-fat
- ☐ 1 mangos diced peeled seeded
- ☐ 6 ounces pork loin cubed
- ☐ 1 cup potatoes canned cubed
- ☐ 2 servings salt and pepper to taste

- ☐ 2 tablespoons skim milk
- ☐ 2 tablespoons tomato purée
- ☐ 2 tablespoons fromage frais
- ☐ 2 tablespoons fromage frais

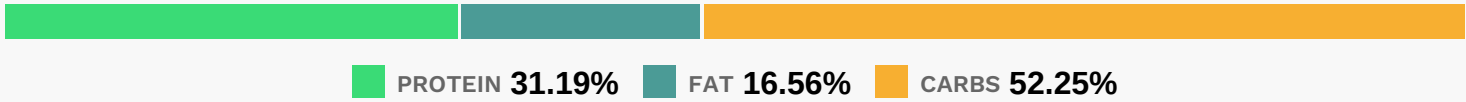
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat the oven to 325 degrees F (165 degrees C).
- ☐ Place the cubed pork and potatoes into a glass baking dish. In a small bowl, mix together the yogurt, curry powder, milk and paprika.
- ☐ Pour the yogurt mixture over the pork and potatoes, and stir to coat.
- ☐ Cover, and bake for about 1 hour in the preheated oven.
- ☐ Remove from oven, and stir in mango, then return to the oven for another 10 minutes, or until pork is tender.
- ☐ Remove from the oven, and stir in the green onion and fromage frais. Season with salt and pepper to taste.
- ☐ Serve over cooked white rice.

Nutrition Facts



Properties

Glycemic Index:110.38, Glycemic Load:21.17, Inflammation Score:-9, Nutrition Score:32.797826062078%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg,

Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 373.74kcal (18.69%), Fat: 7.14g (10.98%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 50.68g (16.89%), Net Carbohydrates: 42.76g (15.55%), Sugar: 25.14g (27.94%), Cholesterol: 60.83mg (20.28%), Sodium: 340.09mg (14.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.24g (60.49%), Vitamin C: 64.25mg (77.88%), Vitamin B6: 1.29mg (64.58%), Phosphorus: 490.43mg (49.04%), Selenium: 30.32µg (43.32%), Potassium: 1489.48mg (42.56%), Vitamin A: 1992.92IU (39.86%), Vitamin K: 41.74µg (39.75%), Vitamin B1: 0.58mg (38.98%), Vitamin B3: 7.54mg (37.71%), Manganese: 0.69mg (34.27%), Vitamin B2: 0.55mg (32.6%), Fiber: 7.92g (31.68%), Calcium: 312.51mg (31.25%), Magnesium: 108.42mg (27.1%), Iron: 4.87mg (27.07%), Vitamin E: 3.74mg (24.92%), Folate: 97.87µg (24.47%), Zinc: 3.52mg (23.45%), Copper: 0.43mg (21.46%), Vitamin B5: 1.98mg (19.77%), Vitamin B12: 1.16µg (19.26%), Vitamin D: 0.51µg (3.37%)