



Pork Curry

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups cooking apple chopped
- ☐ 0.8 cup celery sliced
- ☐ 1.5 cups chicken broth ready-to-serve canned
- ☐ 4 cups rice long-grain cooked
- ☐ 0.3 cup cream of coconut
- ☐ 1 tablespoon curry powder
- ☐ 0.3 cup dry-roasted peanuts chopped
- ☐ 1.5 tablespoons flour all-purpose

- ☐ 1 clove garlic crushed
- ☐ 0.3 cup green onions sliced
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons butter divided melted
- ☐ 1.5 pound pork tenderloins
- ☐ 0.3 cup tomato sauce

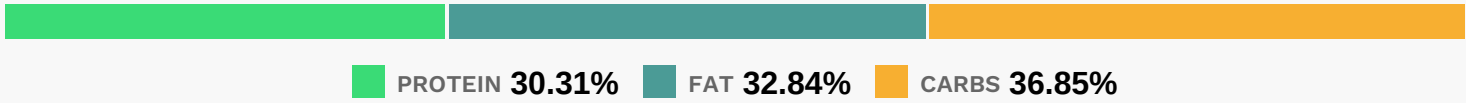
Equipment

- ☐ frying pan

Directions

- ☐ Partially freeze tenderloins; trim fat from tenderloins.
- ☐ Cut tenderloins diagonally across grain into 1/4-inch-thick slices; cut slices into 1-inch pieces. Cook half of pork in 1 tablespoon margarine in a large skillet over medium-high heat 3 minutes on each side or until lightly browned.
- ☐ Remove pork from skillet.
- ☐ Drain; set aside, and keep warm. Repeat procedure with remaining pork and 1 tablespoon oil.
- ☐ Saute celery and garlic in remaining 1 tablespoon margarine in skillet over medium-high heat until tender.
- ☐ Add apple, curry powder, and ginger; saute over medium heat 6 minutes or until apple is crisp-tender. Stir in flour and red pepper. Gradually add chicken broth, cream of coconut, and tomato sauce. Return pork to skillet. Bring to a boil; reduce heat, and simmer, uncovered, 10 minutes or until pork is tender, stirring frequently. Spoon pork mixture over rice, and sprinkle with green onions and peanuts.

Nutrition Facts



Properties

Glycemic Index:65.33, Glycemic Load:34.48, Inflammation Score:-6, Nutrition Score:24.99565222989%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 558.56kcal (27.93%), Fat: 20.11g (30.94%), Saturated Fat: 6.72g (42%), Carbohydrates: 50.77g (16.92%), Net Carbohydrates: 47.57g (17.3%), Sugar: 15.07g (16.74%), Cholesterol: 99.33mg (33.11%), Sodium: 483.9mg (21.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.76g (83.52%), Vitamin B1: 1.19mg (79.11%), Selenium: 53.23µg (76.05%), Vitamin B6: 1.14mg (56.91%), Vitamin B3: 10.45mg (52.23%), Phosphorus: 442.76mg (44.28%), Manganese: 0.79mg (39.75%), Vitamin B2: 0.5mg (29.17%), Zinc: 4.18mg (27.86%), Potassium: 751.49mg (21.47%), Vitamin B12: 1.11µg (18.49%), Magnesium: 72.63mg (18.16%), Vitamin B5: 1.56mg (15.57%), Iron: 2.79mg (15.47%), Vitamin K: 15.65µg (14.91%), Copper: 0.28mg (14.22%), Fiber: 3.2g (12.81%), Vitamin A: 562.01IU (11.24%), Vitamin E: 1.23mg (8.19%), Folate: 26.38µg (6.59%), Calcium: 50.71mg (5.07%), Vitamin C: 3.91mg (4.74%), Vitamin D: 0.39µg (2.61%)