



Pork Mango Picadillo



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground pork (can substitute ground turkey, but add an extra tablespoon of oil to the pan when cooking)
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.3 cup onions thinly sliced
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon oregano dried crushed

- ☐ 1 teaspoon thyme leaves dried crushed
- ☐ 1 mangos pitted cubed peeled
- ☐ 2 tablespoons almonds toasted chopped
- ☐ 2 tablespoons cilantro leaves
- ☐ 4 servings rice white yellow hot cooked
- ☐ 1 cup chunky homemade prepared (or)
- ☐ 1 cup chunky homemade prepared (or)

Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Heat oil in a large skillet on medium high.
- ☐ Add small chunks of ground pork to the pan, not stirring, so that the meat has a chance to brown. Once one side is nicely browned, use a spatula to flip the pieces to the other side, again stirring as little as possible.
- ☐ Once you have some nice browning, you can stir and cook the pork until all pieces are cooked through and no longer pink.
- ☐ Drain off any fat in excess of a tablespoon.
- ☐ Add the onions and spices: Lower the heat to medium. Stir in the onions, garlic, cinnamon, coriander, cumin, oregano, and thyme. Cook, stirring, for 2 minutes more.
- ☐ Gently stir in salsa and mango pieces.
- ☐ Cover and heat through: Lower the heat to low. Cover and heat through, about 2 minutes. Spoon into serving dish.
- ☐ Sprinkle with chopped almonds and cilantro to serve.
- ☐ Serve with hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:68.69, Glycemic Load:27.98, Inflammation Score:-8, Nutrition Score:19.662173934605%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 334.88kcal (16.74%), Fat: 8.89g (13.68%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 34.25g (11.42%), Net Carbohydrates: 31.38g (11.41%), Sugar: 7.98g (8.86%), Cholesterol: 62.37mg (20.79%), Sodium: 61.47mg (2.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.82g (61.64%), Vitamin B3: 11.96mg (59.78%), Vitamin B6: 1.16mg (57.91%), Selenium: 31.99µg (45.7%), Manganese: 0.73mg (36.39%), Phosphorus: 335.04mg (33.5%), Vitamin C: 20.64mg (25.02%), Zinc: 2.71mg (18.08%), Magnesium: 68.48mg (17.12%), Vitamin E: 2.51mg (16.72%), Potassium: 538.09mg (15.37%), Vitamin B5: 1.46mg (14.64%), Iron: 2.32mg (12.91%), Vitamin B2: 0.22mg (12.85%), Copper: 0.26mg (12.78%), Vitamin A: 628.06IU (12.56%), Vitamin K: 12.56µg (11.96%), Fiber: 2.87g (11.46%), Folate: 40.55µg (10.14%), Vitamin B12: 0.58µg (9.64%), Vitamin B1: 0.13mg (8.45%), Calcium: 62.32mg (6.23%), Vitamin D: 0.45µg (3.02%)