



HEALTH SCORE

71%

Pork Picadillo



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 cloves garlic crushed



1 bell pepper green cut into thin strips



2.5 pounds ground pork



2 tablespoons olive oil



1 onion diced



1.5 ounce raisins



1 bell pepper red cut into thin strips



6 servings salt and pepper to taste

- ☐ 1 bunch pkt spinach chopped
- ☐ 1 bell pepper yellow cut into thin strips

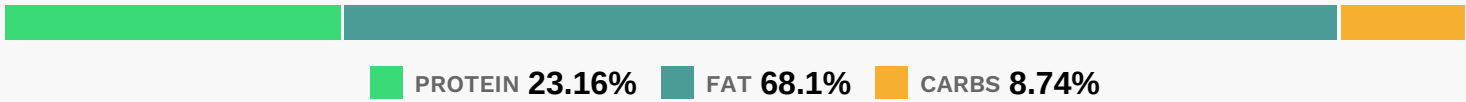
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in large skillet over medium heat. Cook and stir the onion and garlic in the oil until tender, about 5 minutes.
- ☐ Remove the onion and garlic from the pan and set aside. Crumble the pork into the skillet and cook until no longer pink. Return the onion and garlic to the skillet and stir through the pork. Season with salt and pepper. Cover the skillet and cook the mixture for 5 minutes. Stir the green bell pepper, red bell pepper, yellow bell pepper, and raisins to the mixture; cover and cook another 5 minutes.
- ☐ Add the spinach to the skillet and stir just before serving.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:4.03, Inflammation Score:-10, Nutrition Score:38.832173845042%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg

Nutrients (% of daily need)

Calories: 595.63kcal (29.78%), Fat: 45.13g (69.43%), Saturated Fat: 15.6g (97.53%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 10.04g (3.65%), Sugar: 2.33g (2.59%), Cholesterol: 136.08mg (45.36%), Sodium: 349.16mg (15.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.53g (69.06%), Vitamin K: 279.04µg (265.75%), Vitamin A: 6061.35IU (121.23%), Vitamin C: 97.02mg (117.61%), Vitamin B1: 1.47mg (98.24%), Selenium: 47.42µg (67.74%), Vitamin B6: 1.02mg (50.88%), Vitamin B3: 9.18mg (45.91%), Phosphorus: 384.56mg (38.46%), Vitamin B2:

0.6mg (35.15%), Folate: 139.37µg (34.84%), Manganese: 0.66mg (32.83%), Zinc: 4.62mg (30.82%), Potassium: 1066.56mg (30.47%), Magnesium: 91.63mg (22.91%), Vitamin B12: 1.32µg (22.05%), Iron: 3.71mg (20.61%), Vitamin E: 2.21mg (14.76%), Vitamin B5: 1.45mg (14.47%), Fiber: 2.99g (11.97%), Copper: 0.23mg (11.4%), Calcium: 96.29mg (9.63%)