



Pork Sinigang



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound pork chops bone-in
- ☐ 0.5 inch ginger fresh chopped
- ☐ 0.5 pound green beans fresh trimmed
- ☐ 1 small onion chopped
- ☐ 2 plum tomatoes cut into 1/2-inch dice
- ☐ 1 teaspoon salt
- ☐ 1.4 ounce tamarind soup base knorr® such as
- ☐ 1 tablespoon vegetable oil

☐ 4 cups water

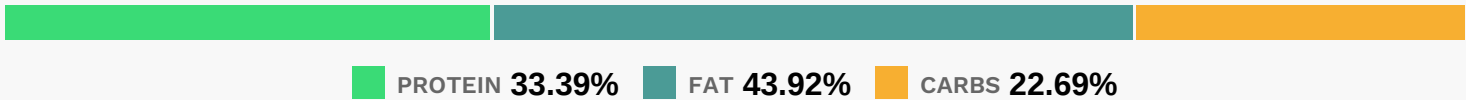
Equipment

☐ frying pan

Directions

- ☐ Heat the vegetable oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with salt. Stir in the ginger, tomatoes, and pork chops. Cover and reduce heat to medium-low. Turn the pork occasionally, until browned.
- ☐ Pour in the water and tamarind soup base. Bring to a boil, then reduce heat. Continue simmering until the pork is tender and cooked through, about 30 minutes. Stir in green beans and cook until tender.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:5.54, Inflammation Score:-6, Nutrition Score:15.554347867551%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 229.38kcal (11.47%), Fat: 11.35g (17.46%), Saturated Fat: 3.14g (19.61%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 10.47g (3.81%), Sugar: 7.3g (8.11%), Cholesterol: 58.68mg (19.56%), Sodium: 648.54mg (28.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.82%), Selenium: 29.31µg (41.87%), Vitamin B6: 0.73mg (36.33%), Vitamin B1: 0.52mg (34.77%), Vitamin B3: 6.45mg (32.25%), Vitamin K: 33.43µg (31.84%), Phosphorus: 223.4mg (22.34%), Potassium: 576.88mg (16.48%), Vitamin C: 12.85mg (15.58%), Vitamin B2: 0.25mg (14.46%), Vitamin A: 657.9IU (13.16%), Magnesium: 52.55mg (13.14%), Zinc: 1.76mg (11.75%), Fiber: 2.73g (10.91%), Manganese: 0.19mg (9.49%), Iron: 1.53mg (8.51%), Copper: 0.17mg (8.33%), Vitamin B5: 0.79mg (7.91%), Vitamin B12: 0.45µg (7.51%), Folate: 28.18µg (7.05%), Calcium: 59.26mg (5.93%), Vitamin E: 0.8mg (5.31%), Vitamin D: 0.43µg (2.83%)