



Pork Skillet with Chickpeas, Carrots & Raisins

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz chickpeas drained canned (garbanzo beans)
- 5 carrots peeled cut into thin slices
- 4 cups rice long-grain white hot cooked
- 0.5 tsp pepper red crushed
- 14 oz chicken broth fat-free reduced-sodium canned
- 1 Tbsp flour
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup 1/3 cup kraft zesty italian dressing italian divided kraft

- 1 tsp lemon zest
- 1 small onion chopped
- 2 lb pork tenderloin divided cut into 1/4-inch-thick slices,
- 0.5 cup raisins
- 0.5 cup planters walnuts chopped

Equipment

- bowl
- frying pan

Directions

- Heat half the dressing in large skillet on medium heat.
- Add half the meat; cook 2 min. on each side or until each piece is browned on both sides.
- Transfer to bowl; cover. Repeat with remaining dressing and meat.
- Add carrots and onions to skillet; cook 2 to 3 min. or until crisp-tender, stirring occasionally. Stir in flour and crushed pepper; cook 1 min., stirring constantly. Stir in chickpeas, broth and raisins. Bring to boil. Return meat to skillet; cover. Simmer on low heat 10 min. or until meat is done.
- Remove from heat.
- Stir in nuts, cilantro and zest.
- Serve over rice.

Nutrition Facts



PROTEIN 29.7% **FAT 27.18%** **CARBS 43.12%**

Properties

Glycemic Index:11.68, Glycemic Load:7.24, Inflammation Score:-7, Nutrition Score:6.9421739059946%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin:

0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 93.44kcal (4.67%), Fat: 2.82g (4.35%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 8.92g (3.24%), Sugar: 0.82g (0.91%), Cholesterol: 16.85mg (5.62%), Sodium: 123.27mg (5.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.89%), Vitamin A: 1475.54IU (29.51%), Vitamin B1: 0.28mg (18.66%), Vitamin B6: 0.3mg (15.19%), Selenium: 9.94µg (14.2%), Manganese: 0.27mg (13.51%), Vitamin B3: 2.01mg (10.07%), Phosphorus: 93.4mg (9.34%), Vitamin B2: 0.11mg (6.31%), Potassium: 187.7mg (5.36%), Zinc: 0.74mg (4.96%), Copper: 0.1mg (4.76%), Fiber: 1.16g (4.65%), Magnesium: 17.31mg (4.33%), Vitamin B5: 0.38mg (3.76%), Iron: 0.61mg (3.38%), Vitamin K: 2.84µg (2.71%), Vitamin B12: 0.16µg (2.62%), Folate: 7.91µg (1.98%), Calcium: 14.19mg (1.42%), Vitamin E: 0.2mg (1.31%), Vitamin C: 0.92mg (1.12%)