



## Pork Tenderloin Thai Curry

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



6

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.8 oz curry base red
- 6 servings cilantro sprigs fresh
- 13.5 oz thai coconut milk canned (do not shake)
- 2 tablespoons roasted peanuts unsalted dry coarsely chopped
- 1.5 tablespoons fish sauce
- 2.5 tablespoons brown sugar light
- 1.3 cups onions halved sliced
- 3 lb pork tenderloins sliced

- 1 large bell pepper red cut in 3/4-inch pieces (3/4 cup)
- 1 tablespoon vegetable oil
- 0.5 cup water
- 2 medium zucchini cut in bite-size pieces (2 1/2 cups)

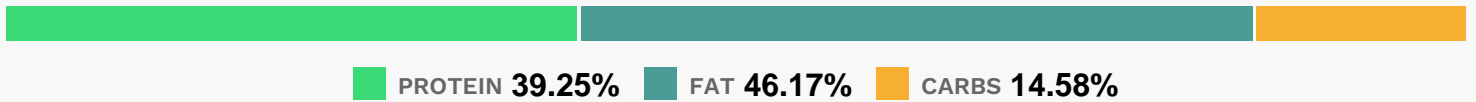
## Equipment

- sauce pan

## Directions

- Heat oil in a 4-quart saucepan, add onions, peppers, zucchini and red curry base and cook, stirring, for 3 minutes. Stir in brown sugar and fish sauce; scoop creamy top off coconut milk (about 1 cup) and add to onion mixture with water. (Discard clear liquid in bottom of can or reserve for other use.) Bring to a simmer.
- Add sliced pork, return to a simmer over medium-low heat and cook, stirring occasionally, until pork is just cooked through, about 8 minutes.
- Sprinkle peanuts on top and garnish with cilantro sprigs.

## Nutrition Facts



## Properties

Glycemic Index:34.67, Glycemic Load:3.08, Inflammation Score:-9, Nutrition Score:41.530434898708%

## Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

## Nutrients (% of daily need)

Calories: 516.44kcal (25.82%), Fat: 27g (41.54%), Saturated Fat: 15.62g (97.61%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 14.35g (5.22%), Sugar: 9.6g (10.67%), Cholesterol: 147.42mg (49.14%), Sodium: 507.53mg (22.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.65g (103.29%), Vitamin B1: 2.33mg (155.15%), Vitamin B6: 2.11mg (105.48%), Selenium: 71.24µg (101.77%), Vitamin B3: 16.88mg (84.38%), Phosphorus: 695.47mg (69.55%),

Vitamin C: 50.78mg (61.55%), Manganese: 1.15mg (57.45%), Vitamin B2: 0.89mg (52.38%), Potassium: 1477.35mg (42.21%), Iron: 7.31mg (40.59%), Magnesium: 144.43mg (36.11%), Zinc: 5.37mg (35.82%), Copper: 0.49mg (24.3%), Vitamin B5: 2.32mg (23.16%), Vitamin A: 1080.49IU (21.61%), Vitamin E: 3.19mg (21.24%), Vitamin B12: 1.2µg (20.02%), Fiber: 4.82g (19.29%), Vitamin K: 17.01µg (16.2%), Folate: 61.89µg (15.47%), Calcium: 93.32mg (9.33%), Vitamin D: 0.68µg (4.54%)