



Pork Vindaloo

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 cups chicken stock see
- 2 tablespoons flour all-purpose
- 1 tablespoon ginger fresh minced
- 6 garlic clove sliced
- 1 tablespoon coarse mustard
- 0.8 teaspoon ground cardamom
- 0.3 teaspoon ground cinnamon

- 1 pinch ground cloves
- 1.5 teaspoons ground coriander
- 2 teaspoons ground cumin
- 0.3 teaspoon pepper black
- 2 onion chopped
- 3 lbs boston butt pork shoulder trimmed of fat cut into 1-1/2-inch cubes
- 0.3 teaspoon pepper red
- 0.3 teaspoon salt
- 1.5 teaspoons turmeric
- 2 tablespoons vegetable oil
- 0.3 cup vinegar white

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Mix together the flour, cumin, coriander, turmeric, cardamom, cinnamon, salt, pepper and cloves.
- Place the pork in a large bowl and sprinkle with half of the spice mixture, tossing well to coat. In a large heavy saucepan, heat half of the oil over medium-high heat. Brown the pork in batches and add more oil if necessary.
- Transfer to a plate.
- Add the remaining oil to the pan and reduce the heat to medium.
- Add the remaining spice mixture, onions, garlic, 2 tablespoons of the vinegar, the ginger, mustard and red pepper flakes. Cook, stirring, until the onions are softened, about 6 minutes.
- Pour in the chicken stock and remaining vinegar. Bring to a boil, stirring to scrape up any brown bits. Return the pork and any accumulated juices to the pan and add the bay leaves. Reduce the heat, cover and simmer, stirring occasionally, for 30 minutes. Uncover and

simmer until the pork is tender and the sauce is thickened, about 15 minutes. Discard the bay leaves.

Nutrition Facts

PROTEIN 39.49% **FAT 46.5%** **CARBS 14.01%**

Properties

Glycemic Index:46.83, Glycemic Load:2.49, Inflammation Score:-10, Nutrition Score:20.15739127864%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 313.57kcal (15.68%), Fat: 15.86g (24.41%), Saturated Fat: 4.43g (27.71%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 9.31g (3.38%), Sugar: 2.95g (3.28%), Cholesterol: 95.09mg (31.7%), Sodium: 349.3mg (15.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.32g (60.63%), Vitamin B1: 1.31mg (87.03%), Selenium: 45.15µg (64.51%), Vitamin B3: 7.49mg (37.47%), Vitamin B6: 0.72mg (36.2%), Phosphorus: 330.15mg (33.01%), Vitamin B2: 0.54mg (31.55%), Zinc: 4.7mg (31.3%), Vitamin B12: 1.16µg (19.37%), Potassium: 669.94mg (19.14%), Manganese: 0.33mg (16.53%), Iron: 2.96mg (16.46%), Vitamin B5: 1.22mg (12.23%), Copper: 0.23mg (11.33%), Magnesium: 45.06mg (11.26%), Vitamin K: 9.12µg (8.68%), Vitamin C: 5.34mg (6.48%), Folate: 23.22µg (5.81%), Fiber: 1.45g (5.79%), Calcium: 51.95mg (5.2%), Vitamin E: 0.49mg (3.28%)