



HEALTH SCORE

59%

Pork Vindaloo



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound pork loin roast boneless trimmed cut into 1-inch pieces
- ☐ 3 cups rice hot cooked
- ☐ 0.3 cup cooking wine dry red
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1.5 tablespoons ginger fresh minced peeled
- ☐ 2 teaspoons garam masala
- ☐ 6 garlic cloves minced

- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 teaspoons mustard seeds
- ☐ 2 cups onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 pound tomatoes coarsely chopped

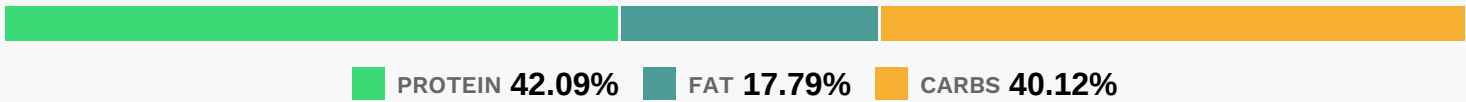
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Combine first 6 ingredients in a meduim bowl.
- ☐ Add pork, tossing to coat.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add pork to pan. Cook 5 minutes or until pork is lightly browned on all sides.
- ☐ Place pork in a 4-quart electric slow cooker.
- ☐ Add onion and garlic to pan; reduce heat to medium, and saut 5 minutes or until onion is crisp-tender. Stir in flour.
- ☐ Add wine, scraping pan to loosen browned bits.
- ☐ Add tomato to onion mixture. Spoon onion mixture over pork. Cover and cook on LOW for 7 hours or until pork is tender.
- ☐ Serve over rice; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:29.01, Inflammation Score:-8, Nutrition Score:23.377826151641%

Flavonoids

Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg

Nutrients (% of daily need)

Calories: 383.3kcal (19.16%), Fat: 7.23g (11.12%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 36.69g (12.23%), Net Carbohydrates: 33.98g (12.36%), Sugar: 4.46g (4.96%), Cholesterol: 95.25mg (31.75%), Sodium: 276.96mg (12.04%), Alcohol: 1.4g (100%), Alcohol %: 0.46% (100%), Protein: 38.5g (77%), Selenium: 52.4µg (74.86%), Vitamin B6: 1.39mg (69.61%), Vitamin B1: 0.8mg (53.15%), Vitamin B3: 9.94mg (49.71%), Phosphorus: 429.91mg (42.99%), Manganese: 0.67mg (33.68%), Potassium: 895.44mg (25.58%), Zinc: 3.5mg (23.3%), Vitamin B2: 0.36mg (21.02%), Vitamin C: 15.6mg (18.91%), Magnesium: 70.91mg (17.73%), Vitamin B5: 1.62mg (16.21%), Vitamin A: 716.08IU (14.32%), Vitamin B12: 0.77µg (12.85%), Copper: 0.24mg (11.99%), Iron: 2.03mg (11.3%), Fiber: 2.72g (10.87%), Folate: 35.59µg (8.9%), Vitamin K: 6.88µg (6.55%), Vitamin E: 0.78mg (5.18%), Calcium: 49.55mg (4.95%), Vitamin D: 0.6µg (4.03%)