



Pork Vindaloo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 árbol chiles dried red divided
- ☐ 0.5 teaspoon peppercorns black
- ☐ 0.3 cup cashew pieces toasted chopped
- ☐ 3 tbsp cider vinegar divided
- ☐ 0 piece in cinnamon stick
- ☐ 0.5 teaspoon cumin seeds
- ☐ 1 tablespoon brown sugar dark packed
- ☐ 10 garlic cloves minced

- ☐ 1 tablespoon ginger minced
- ☐ 4 cardamom pods split green
- ☐ 1.5 tablespoons hungarian paprika sweet (mild)
- ☐ 1.5 tsp kosher salt divided
- ☐ 3 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 2 pounds pork butt dry cut into 1 1/2-in. cubes and blotted
- ☐ 3 medium roma tomatoes cut in big chunks
- ☐ 1 tablespoon tamarind pulp
- ☐ 3 onions white cut into thin half-moons

Equipment

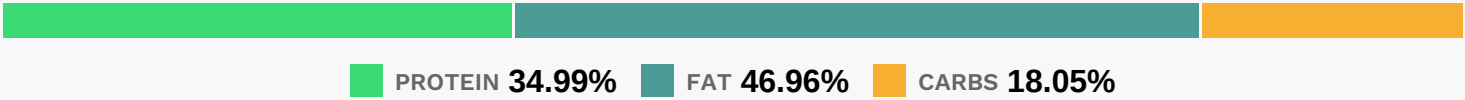
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Rub pork all over with 1 tsp. salt. In a spice grinder, grind peppercorns, cumin, cloves, cinnamon, half of dried red chiles, and paprika. Turn into a bowl and mix with 2 tbsp. vinegar, the tamarind, ginger, garlic, and 1 tbsp. oil. Rub all over pork and chill overnight, covered.
- ☐ Heat 1 tbsp. oil in a large dutch oven over medium heat. Fry onions until browned, 10 minutes. Scoop out and set aside.
- ☐ Add remaining oil and the pork and fry, stirring often, until lightly browned all over, about 10 minutes.
- ☐ Return onions to pot along with brown sugar, tomatoes, cardamom pods, remaining whole chiles (crack them first to split), 1/2 tsp. salt, 1 tbsp. vinegar, and 1 cup water. Bring to a boil, then simmer, covered, 1 1/2 hours, or until meat is very tender. (If stew is very liquid after 1 hour, continue simmering with the lid off.) Season to taste with salt, vinegar, and cayenne if using. Top with cashews and cilantro.
- ☐ *Buy whole-fruit tamarind, compressed into a block, at well-stocked grocery stores and Indian markets. To use, soak a lump in twice as much hot water until it's soft, then push

through a fine-mesh strainer.

Nutrition Facts



Properties

Glycemic Index:75.55, Glycemic Load:5.18, Inflammation Score:-9, Nutrition Score:38.007391017416%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg 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: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 17.15mg, Quercetin: 17.15mg, Quercetin: 17.15mg, Quercetin: 17.15mg

Nutrients (% of daily need)

Calories: 532.4kcal (26.62%), Fat: 27.83g (42.81%), Saturated Fat: 7.09g (44.31%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 19.58g (7.12%), Sugar: 10.4g (11.55%), Cholesterol: 136.08mg (45.36%), Sodium: 1033.44mg (44.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.66g (93.31%), Selenium: 67.38µg (96.26%), Vitamin B1: 1.4mg (93.52%), Vitamin B6: 1.52mg (76.03%), Manganese: 1.17mg (58.51%), Zinc: 8.7mg (58%), Phosphorus: 573.74mg (57.37%), Vitamin B2: 0.97mg (56.96%), Vitamin B3: 10.92mg (54.61%), Vitamin B5: 3.91mg (39.05%), Vitamin A: 1888.63IU (37.77%), Potassium: 1235.53mg (35.3%), Vitamin B12: 2.06µg (34.4%), Iron: 4.96mg (27.57%), Copper: 0.54mg (26.91%), Magnesium: 105.73mg (26.43%), Vitamin E: 3.35mg (22.33%), Vitamin C: 15.78mg (19.13%), Fiber: 4.48g (17.92%), Vitamin K: 10.9µg (10.38%), Calcium: 97.76mg (9.78%), Vitamin D: 1.36µg (9.07%), Folate: 27.46µg (6.87%)