



Pork Vindaloo with Raita

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 pounds pork loin boneless cut into 3/4-inch cubes
- ☐ 2 tablespoons cider vinegar
- ☐ 4.5 cups rice hot cooked
- ☐ 0.8 cup cucumber peeled seeded chopped
- ☐ 1 teaspoon mustard dry
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 1 teaspoon garam masala

- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1.5 cups yogurt plain low-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups onion sweet thinly sliced
- ☐ 0.8 cup tomatoes seeded chopped
- ☐ 1 cup tomatoes seeded chopped

Equipment

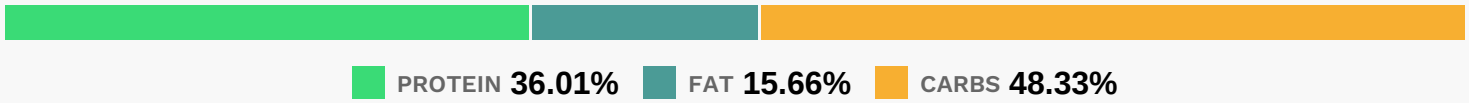
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ spatula
- ☐ dutch oven

Directions

- ☐ To prepare raita, spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes.
- ☐ Scrape into a bowl using a rubber spatula. Stir in cucumber, 3/4 cup tomato, 1/4 teaspoon salt, and garam masala; cover and refrigerate.
- ☐ To prepare vindaloo, combine onion and next 13 ingredients (through pork) in a large bowl; marinate in refrigerator 30 minutes.
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.

- ☐
- Add pork mixture; saut 7 minutes or until lightly browned. Stir in 1 cup tomato. Cover, reduce heat, and simmer 30 minutes or until pork is tender, stirring occasionally.
- ☐
- Serve with raita and rice.

Nutrition Facts



Properties

Glycemic Index:60.67, Glycemic Load:36.53, Inflammation Score:-9, Nutrition Score:21.005652033764%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 374.97kcal (18.75%), Fat: 6.37g (9.8%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 44.24g (14.75%), Net Carbohydrates: 42.28g (15.38%), Sugar: 7.85g (8.72%), Cholesterol: 75.12mg (25.04%), Sodium: 494.7mg (21.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.96g (65.92%), Selenium: 43.49µg (62.12%), Vitamin B6: 1.12mg (55.8%), Phosphorus: 427.68mg (42.77%), Manganese: 0.83mg (41.64%), Vitamin B1: 0.6mg (39.94%), Vitamin B3: 7.45mg (37.26%), Potassium: 814.5mg (23.27%), Zinc: 3.4mg (22.67%), Vitamin B2: 0.39mg (22.66%), Vitamin B5: 1.8mg (18%), Magnesium: 69.47mg (17.37%), Calcium: 155.45mg (15.54%), Vitamin B12: 0.92µg (15.36%), Copper: 0.23mg (11.6%), Vitamin C: 9.5mg (11.52%), Vitamin A: 480.93IU (9.62%), Iron: 1.59mg (8.84%), Fiber: 1.95g (7.81%), Folate: 29.32µg (7.33%), Vitamin K: 5.53µg (5.26%), Vitamin E: 0.56mg (3.73%), Vitamin D: 0.45µg (3.02%)