



Pork with Curried Fruit

READY IN



29 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup celery chopped
- 3 cups extra wide egg noodles hot cooked
- 2 teaspoons curry powder
- 5 ounce evaporated milk fat-free canned
- 14 ounce less-sodium chicken broth fat-free canned
- 2 tablespoons flour all-purpose
- 2 teaspoons rosemary fresh chopped
- 8 ounce fruit blend mixed dried chopped
- 1 large garlic clove minced

- 0.3 teaspoon ground ginger
- 1 teaspoon honey
- 1 pound pork tenderloin trimmed cut into 1-inch cubes
- 2 teaspoons olive oil
- 0.8 cup onion finely chopped
- 0.3 teaspoon pepper
- 0.8 teaspoon salt

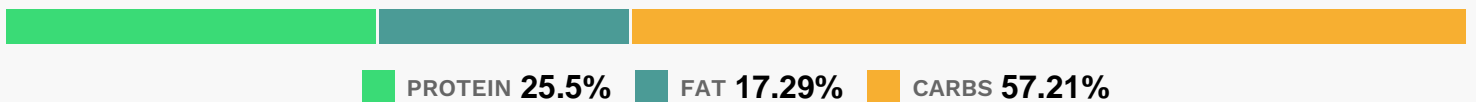
Equipment

- bowl
- frying pan
- whisk

Directions

- Combine first 5 ingredients in a bowl; stir well with a whisk.
- Heat oil in a large nonstick skillet over medium-high heat; add pork. Cook 4 minutes or until browned.
- Remove pork from pan.
- Add onion, celery, and garlic to pan; saut 2 minutes. Stir in mixed fruit; cook 2 minutes. Reduce heat to medium-low. Slowly stir in flour mixture, broth, and milk; add honey and rosemary. Return pork to pan; cook 10 minutes, stirring frequently.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:55.71, Glycemic Load:18.32, Inflammation Score:-5, Nutrition Score:19.767391557279%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 358.52kcal (17.93%), Fat: 7.04g (10.83%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 52.41g (17.47%), Net Carbohydrates: 46.93g (17.06%), Sugar: 22.85g (25.39%), Cholesterol: 79.19mg (26.4%), Sodium: 642.26mg (27.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.71%), Selenium: 45.86µg (65.51%), Vitamin B1: 0.86mg (57.32%), Vitamin B6: 0.73mg (36.58%), Phosphorus: 342.04mg (34.2%), Vitamin B3: 6.26mg (31.28%), Manganese: 0.59mg (29.68%), Vitamin B2: 0.42mg (24.7%), Fiber: 5.48g (21.91%), Potassium: 749.66mg (21.42%), Magnesium: 74.92mg (18.73%), Zinc: 2.5mg (16.64%), Calcium: 152.19mg (15.22%), Copper: 0.29mg (14.74%), Iron: 2.55mg (14.16%), Vitamin B5: 1.31mg (13.06%), Vitamin B12: 0.63µg (10.46%), Vitamin K: 10.21µg (9.72%), Folate: 24.08µg (6.02%), Vitamin E: 0.84mg (5.63%), Vitamin C: 2.89mg (3.5%), Vitamin A: 123.31IU (2.47%), Vitamin D: 0.25µg (1.7%)