



Pork with garlicky bean mash



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 1 pork steak trimmed of fat
- ☐ 1 tbsp olive oil
- ☐ 1 small onion chopped
- ☐ 1 garlic clove crushed
- ☐ 410 g half a can haricot beans in water rinsed drained canned
- ☐ 125 ml vegetable stock
- ☐ 1 tbsp coriander chopped

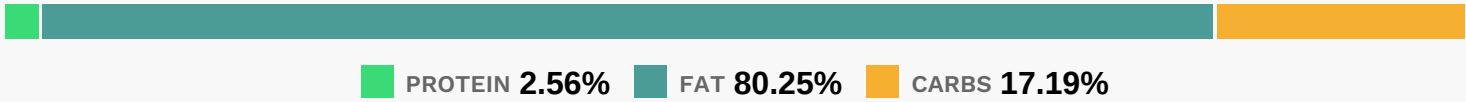
Equipment

- ☐ frying pan
- ☐ potato masher
- ☐ grill

Directions

- ☐ Grill the pork for 12–15 mins, turning once until browned and cooked through.
- ☐ Heat the oil in a small pan, add the onion or shallot and fry for 3 mins until softened.
- ☐ Add the garlic, fry for 1 min more, then tip in the beans and stock and simmer for 5 mins. Roughly mash with a potato masher or fork, then stir in the coriander.
- ☐ Serve with the pork.

Nutrition Facts



Properties

Glycemic Index:137, Glycemic Load:2.02, Inflammation Score:-3, Nutrition Score:3.3099999871591%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 153.85kcal (7.69%), Fat: 14.1g (21.69%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 5.92g (2.15%), Sugar: 3.06g (3.4%), Cholesterol: 0.6mg (0.2%), Sodium: 521.77mg (22.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin E: 2.04mg (13.61%), Vitamin K: 9.92µg (9.45%), Vitamin B6: 0.13mg (6.46%), Manganese: 0.13mg (6.25%), Vitamin A: 292.72IU (5.85%), Copper: 0.1mg (4.92%), Vitamin C: 3.04mg (3.69%), Fiber: 0.87g (3.5%), Potassium: 101.14mg (2.89%), Calcium: 27.53mg (2.75%), Magnesium: 10.42mg (2.61%), Iron: 0.45mg (2.49%), Folate: 8.84µg (2.21%), Phosphorus: 21.8mg (2.18%), Vitamin B1: 0.03mg (1.79%), Selenium: 1.01µg (1.45%), Zinc: 0.21mg (1.41%), Vitamin B5: 0.11mg (1.08%)