



## Pork with Peach and Black Bean Salsa

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup beer
- 15 ounce black beans canned
- 0.3 cup cornmeal
- 1 tablespoon cilantro leaves fresh chopped
- 1 tablespoon olive oil
- 15 ounce peaches canned drained sliced
- 1 pound pork tenderloin cubed
- 1 cup salsa prepared

4 servings salt and pepper to taste

## Equipment

frying pan

ziploc bags

## Directions

Season cubed pork with salt and pepper to taste.

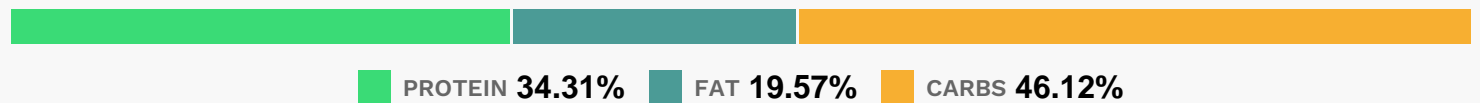
Place meat in a large plastic bag with the cornmeal. Shake well to coat the meat.

Heat the oil in a large skillet over medium high heat.

Place the coated meat in the skillet and saute for 5 to 10 minutes, or until browned. Reduce heat to medium.

Pour in the beer, salsa, peaches and beans with 2 tablespoons reserved liquid. Stir well and simmer for 15 to 20 minutes. Stir in the cilantro.

## Nutrition Facts



## Properties

Glycemic Index:52.81, Glycemic Load:13, Inflammation Score:-8, Nutrition Score:29.876956504324%

## Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 415.37kcal (20.77%), Fat: 9.07g (13.96%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 48.1g (16.03%), Net Carbohydrates: 35.15g (12.78%), Sugar: 11.55g (12.84%), Cholesterol: 73.71mg (24.57%), Sodium: 695.14mg (30.22%), Alcohol: 0.58g (100%), Alcohol %: 0.17% (100%), Protein: 35.79g (71.58%), Vitamin B1: 1.45mg (96.79%), Vitamin B6: 1.15mg (57.37%), Selenium: 39.14µg (55.91%), Fiber: 12.95g (51.8%), Vitamin B3: 9.94mg (49.7%), Phosphorus:

493.05mg (49.31%), Folate: 171.71µg (42.93%), Manganese: 0.69mg (34.6%), Magnesium: 134.84mg (33.71%), Potassium: 1157.03mg (33.06%), Vitamin B2: 0.51mg (30.1%), Zinc: 4mg (26.64%), Iron: 4.29mg (23.83%), Copper: 0.47mg (23.67%), Vitamin E: 2.36mg (15.75%), Vitamin B5: 1.57mg (15.66%), Vitamin A: 673.97IU (13.48%), Vitamin B12: 0.59µg (9.88%), Vitamin K: 8.36µg (7.96%), Vitamin C: 5.62mg (6.81%), Calcium: 59.37mg (5.94%), Vitamin D: 0.34µg (2.27%)