



58%
HEALTH SCORE

Portuguese Pork and Clams

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

READY IN



45 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 pound pork loin boneless cubed
- 15 ounce .5 can cannellini beans canned
- 18 clams
- 3 tablespoons parsley fresh chopped for garnish
- 3 cloves garlic chopped
- 1 pinch ground pepper
- 0.5 teaspoon ground cumin

- 0.5 teaspoon ground pepper black
- 1 tablespoon olive oil
- 1 onion sliced
- 1 teaspoon oregano dried
- 1 pound potatoes diced cooked
- 1 teaspoon salt
- 1 cup white wine

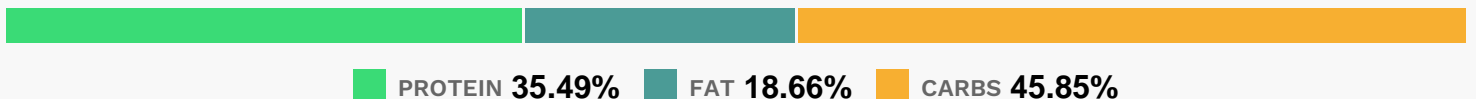
Equipment

- bowl
- frying pan

Directions

- Combine the wine, garlic, oregano, salt, pepper, bay leaves, and cumin in a nonporous glass dish or bowl.
- Mix together.
- Add pork and toss to coat. Cover dish or bowl and refrigerate to marinate for 2 to 3 hours.
- Heat oil in a large skillet over medium heat.
- Add onion and saute until soft.
- Remove pork from dish or bowl (reserving marinade) and add to skillet; brown quickly, then add potato cubes, reserved marinade, beans, cayenne pepper and clams or mussels. Cook until open, about 7 minutes.
- Garnish with parsley and serve hot.

Nutrition Facts



Properties

Glycemic Index:79.94, Glycemic Load:21.08, Inflammation Score:-9, Nutrition Score:30.691304186116%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 465.02kcal (23.25%), Fat: 8.76g (13.48%), Saturated Fat: 2.06g (12.88%), Carbohydrates: 48.42g (16.14%), Net Carbohydrates: 39.88g (14.5%), Sugar: 3.01g (3.35%), Cholesterol: 74.28mg (24.76%), Sodium: 661.19mg (28.75%), Alcohol: 6.18g (100%), Alcohol %: 1.77% (100%), Protein: 37.49g (74.97%), Vitamin B6: 1.37mg (68.67%), Vitamin K: 60.5µg (57.62%), Selenium: 36.92µg (52.74%), Vitamin B1: 0.72mg (48.14%), Manganese: 0.96mg (47.82%), Phosphorus: 461.71mg (46.17%), Potassium: 1511.92mg (43.2%), Vitamin B3: 8.06mg (40.28%), Vitamin C: 29.14mg (35.32%), Fiber: 8.53g (34.13%), Iron: 5.69mg (31.64%), Magnesium: 125.2mg (31.3%), Vitamin B12: 1.65µg (27.44%), Zinc: 3.82mg (25.45%), Folate: 99.54µg (24.88%), Copper: 0.47mg (23.68%), Vitamin B2: 0.32mg (18.68%), Vitamin B5: 1.49mg (14.85%), Calcium: 132.78mg (13.28%), Vitamin E: 1.71mg (11.38%), Vitamin A: 310.63IU (6.21%), Vitamin D: 0.45µg (3.02%)