



HEALTH SCORE

52%

Savory Curried Pork



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds pork shoulder boneless
- ☐ 1 cup onion finely chopped
- ☐ 5 garlic clove finely chopped
- ☐ 1 tablespoon ginger finely chopped
- ☐ 1 teaspoon turmeric
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 tablespoons vegetable oil
- ☐ 1 teaspoon sesame oil

- ☐ 14.5 oz canned tomatoes diced organic drained canned
- ☐ 1 stalk lemon grass finely chopped
- ☐ 1 tablespoon fish sauce
- ☐ 1 serving rice hot cooked
- ☐ 1 serving cilantro leaves fresh chopped

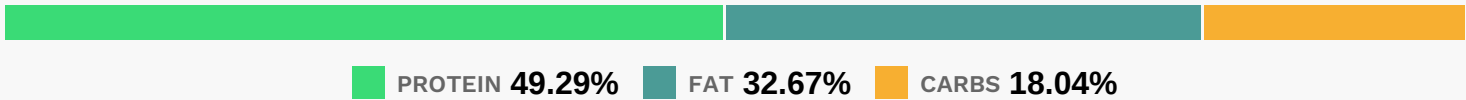
Equipment

- ☐ blender
- ☐ dutch oven

Directions

- ☐ Remove fat from pork.
- ☐ Cut pork into 2-inch cubes. In blender, place onion, garlic, gingerroot, turmeric and red pepper. Cover; blend on medium-high speed about 1 minute, stopping blender frequently to scrape sides, until smooth.
- ☐ In 4-quart Dutch oven, heat oils over medium heat. Gradually and carefully pour blended mixture into oil (oil will spatter).
- ☐ Heat to boiling. Reduce heat; cover and simmer 15 minutes, stirring occasionally.
- ☐ Stir in pork, tomatoes, lemon grass and fish sauce.
- ☐ Heat to boiling. Reduce heat; cover and simmer about 1 hour 30 minutes, stirring occasionally, until pork is tender.
- ☐ Serve over rice; garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:9.31, Inflammation Score:-10, Nutrition Score:35.924782690795%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 446.3kcal (22.31%), Fat: 16.03g (24.66%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 16.89g (6.14%), Sugar: 6.49g (7.21%), Cholesterol: 136.08mg (45.36%), Sodium: 618.56mg (26.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.42g (108.83%), Vitamin B3: 23.4mg (116.99%), Vitamin B1: 1.57mg (104.97%), Vitamin B6: 1.94mg (97.12%), Selenium: 61.87µg (88.38%), Vitamin B2: 1.14mg (66.9%), Phosphorus: 584.88mg (58.49%), Potassium: 1303.71mg (37.25%), Manganese: 0.68mg (34.06%), Zinc: 5.04mg (33.6%), Vitamin B12: 1.99µg (33.25%), Vitamin B5: 2.67mg (26.75%), Magnesium: 99.05mg (24.76%), Iron: 4.15mg (23.03%), Copper: 0.42mg (21.13%), Vitamin K: 18.72µg (17.83%), Vitamin C: 13.93mg (16.88%), Vitamin E: 2.17mg (14.47%), Fiber: 3.02g (12.07%), Calcium: 75.19mg (7.52%), Folate: 27.25µg (6.81%), Vitamin A: 298.66IU (5.97%)