



## Spiced Pork Rice Pilaf

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



607 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 small carrots chopped
- 1 celery stalk chopped
- 14 oz chicken broth canned
- 0.3 cup cilantro leaves chopped
- 0.3 cup apricots dried chopped
- 2 tsp ground ginger
- 2 cups rice white instant uncooked
- 1 Tbsp oil

- 1 small onion chopped
- 0.3 cup planters cocktail peanuts
- 1 lb pork tenderloin cubed
- 1 medium tomatoes chopped

## Equipment

- frying pan

## Directions

- Cook and stir carrot, celery and onion in hot oil in large skillet until tender.
- Add pork and ginger; cook and stir until pork is browned.
- Add chicken broth and 1/2 cup water; bring to boil.
- Add rice, tomato and apricots.
- Remove from heat. Cover and let stand 5 min.
- Sprinkle with peanuts and cilantro just before serving.

## Nutrition Facts



## Properties

Glycemic Index:55.87, Glycemic Load:2.66, Inflammation Score:-10, Nutrition Score:34.96260886607%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

## Nutrients (% of daily need)

Calories: 606.62kcal (30.33%), Fat: 20.67g (31.79%), Saturated Fat: 4.64g (28.98%), Carbohydrates: 47.56g (15.85%), Net Carbohydrates: 44.1g (16.03%), Sugar: 6.56g (7.28%), Cholesterol: 123.32mg (41.11%), Sodium:

556.71mg (24.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.23g (110.47%), Vitamin B1: 1.6mg (106.9%), Selenium: 70.06µg (100.09%), Vitamin B3: 14.98mg (74.9%), Vitamin B6: 1.22mg (61.13%), Vitamin A: 2887.71IU (57.75%), Manganese: 1.08mg (54%), Phosphorus: 538.34mg (53.83%), Folate: 154.36µg (38.59%), Zinc: 5.59mg (37.28%), Iron: 6.03mg (33.48%), Vitamin B2: 0.53mg (31.37%), Potassium: 929.33mg (26.55%), Vitamin B12: 1.58µg (26.37%), Magnesium: 84.17mg (21.04%), Copper: 0.37mg (18.71%), Vitamin B5: 1.43mg (14.34%), Fiber: 3.46g (13.86%), Vitamin E: 1.83mg (12.19%), Vitamin K: 12.62µg (12.02%), Vitamin C: 6.63mg (8.04%), Calcium: 57.62mg (5.76%), Vitamin D: 0.44µg (2.93%)