

Spicy Peruvian Pork

 Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds boston butt pork shoulder boneless cubed
- ☐ 1 tablespoon onion dried minced
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 teaspoon ground pepper black to taste
- ☐ 1 tablespoon ground turmeric
- ☐ 1 cup orange juice

- ☐ 1 teaspoon salt to taste
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons water
- ☐ 0.3 cup vinegar white

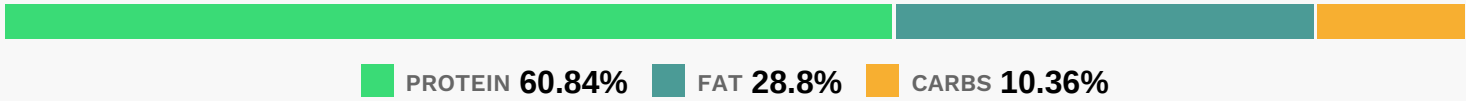
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place pork into a large bowl. In a small bowl, mix together the vinegar, cumin, turmeric, garlic powder, salt and pepper.
- ☐ Pour over the pork, and stir to coat. Cover and refrigerate for 1 hour.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Remove pork from the marinade, reserving the marinade, and place in the hot skillet. Cook until nicely browned on the outside.
- ☐ Add orange juice, 1/2 cup water, dried onion, and the reserved marinade. Reduce heat to low, cover, and simmer for about 30 minutes, or until the pork is fork tender.
- ☐ In a small cup, stir together the flour and 2 tablespoons of water. Stir into the skillet, and simmer uncovered until thickened, 2 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:4.42, Inflammation Score:-10, Nutrition Score:36.452174155608%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 445.43kcal (22.27%), Fat: 13.7g (21.08%), Saturated Fat: 3.66g (22.89%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 10.2g (3.71%), Sugar: 5.79g (6.43%), Cholesterol: 170.1mg (56.7%), Sodium: 739.51mg (32.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.12g (130.24%), Vitamin B3: 27.76mg (138.78%), Vitamin B1: 1.92mg (127.94%), Vitamin B6: 2.14mg (106.85%), Selenium: 74.24µg (106.05%), Vitamin B2: 1.36mg (79.83%), Phosphorus: 680.12mg (68.01%), Vitamin B12: 2.47µg (41.11%), Vitamin C: 32.51mg (39.41%), Zinc: 5.76mg (38.4%), Potassium: 1295.47mg (37.01%), Vitamin B5: 2.93mg (29.32%), Iron: 4.52mg (25.1%), Magnesium: 91.71mg (22.93%), Manganese: 0.3mg (14.77%), Copper: 0.28mg (14.02%), Vitamin K: 6.89µg (6.56%), Folate: 25.14µg (6.28%), Calcium: 49.72mg (4.97%), Vitamin E: 0.64mg (4.27%), Fiber: 0.88g (3.53%), Vitamin A: 143.96IU (2.88%)