



HEALTH SCORE

61%

Spicy pork & aubergine



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tbsp olive oil
- ☐ 2 onion sliced
- ☐ 1 small eggplant diced trimmed (250g 9oz)
- ☐ 500 g pork tenderloins lean trimmed sliced
- ☐ 2 bell pepper sweet red seeded cut into chunky strips
- ☐ 2 tbsp curry powder
- ☐ 400 g canned tomatoes canned
- ☐ 150 ml water

☐ 4 servings basmati rice cooked

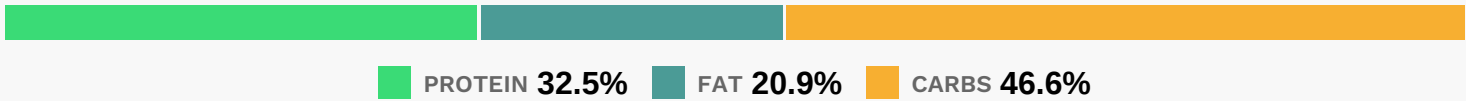
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large non-stick frying pan with a lid. Tip in the onions and aubergine and fry for 8 minutes, stirring frequently, until soft and golden brown.
- ☐ Tip in the pork and fry for 5 minutes, stirring occasionally, until it starts to brown.
- ☐ Mix in the pepper strips and stir fry for about 3 minutes until soft.
- ☐ Sprinkle in the curry powder. Stir fry for a minute, then pour in the tomatoes and water. Stir vigorously, cover the pan and leave the mixture to simmer for 5 minutes until the tomatoes break down to form a thick sauce (you can add a drop more water if the mixture gets too thick). Season with salt and pepper and serve with basmati rice.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:28.87, Inflammation Score:-9, Nutrition Score:37.351303717364%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg

Nutrients (% of daily need)

Calories: 393.69kcal (19.68%), Fat: 9.34g (14.37%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 46.83g (15.61%), Net Carbohydrates: 37.95g (13.8%), Sugar: 13.4g (14.89%), Cholesterol: 81.25mg (27.08%), Sodium: 209.53mg (9.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.67g (65.34%), Vitamin C: 92.31mg (111.89%), Vitamin B1: 1.45mg (96.56%), Vitamin B6: 1.57mg (78.31%), Selenium: 46.24µg (66.06%), Vitamin B3: 11.39mg (56.96%), Manganese: 1.11mg (55.65%), Phosphorus: 444.61mg (44.46%), Vitamin A: 2136.44IU (42.73%), Potassium: 1336.11mg (38.17%), Vitamin B2: 0.61mg (35.67%), Fiber: 8.88g (35.53%), Vitamin E: 4.3mg (28.67%), Copper: 0.51mg (25.3%),

Magnesium: 100.28mg (25.07%), Zinc: 3.58mg (23.84%), Iron: 4.28mg (23.77%), Vitamin B5: 2.22mg (22.22%), Folate: 83.23µg (20.81%), Vitamin K: 18.75µg (17.85%), Vitamin B12: 0.64µg (10.63%), Calcium: 91.5mg (9.15%), Vitamin D: 0.25µg (1.67%)