



Indian-Spiced Pork Loin with Yogurt Marinade

4 Servings • 1 Serving = ¼ Pound Pork Loin

INGREDIENTS

- 1 pound pork loin, excess fat removed
- Salt and pepper, to taste
- ¼ cup plain probiotic yogurt
- ¼ teaspoon turmeric
- ¼ teaspoon paprika
- ½ teaspoon cumin
- ½ teaspoon coriander
- ¼ teaspoon dried mint

DIRECTIONS

1. Season pork with salt and pepper.
2. Combine remaining ingredient in a bowl and stir to mix. Place in a leakproof container or resealable bag. Add the meat and force out all the air. Let it sit for at least 15 minutes.
3. Grill or sauté meat.

Nutrition Facts

4 servings per container
Serving size 1/4lb Pork Loin (128g)

Amount per serving
Calories **140**
% Daily Value*

Total Fat 3g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 70mg 3%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 24g

Vitamin D 0mcg 0%

Calcium 28mg 2%

Iron 1mg 6%

Potassium 490mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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