



Apricot-Glazed Pork

 Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apricot preserves
- ☐ 1 pound broccoli frozen
- ☐ 4 servings noodles hot cooked
- ☐ 1 tablespoon hoisin sauce
- ☐ 1 pound pork tenderloin
- ☐ 1 tablespoon vegetable oil

Equipment

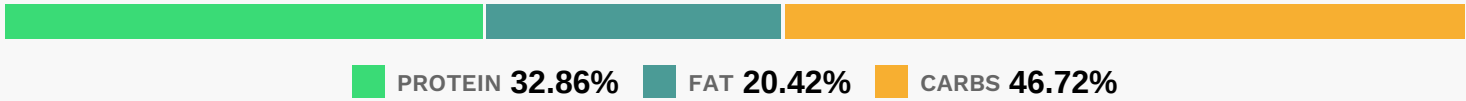
- ☐ frying pan

☐ wok

Directions

- ☐ Remove fat from pork.
- ☐ Cut pork into 1/2-inch slices.
- ☐ Heat wok or 12-inch skillet over high heat.
- ☐ Add oil; rotate wok to coat side.
- ☐ Add pork; stir-fry 4 to 5 minutes or until no longer pink.
- ☐ Add frozen vegetables; stir-fry 2 minutes.
- ☐ Stir in preserves and oyster sauce; cook and stir about 30 seconds or until heated through.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:13.45, Inflammation Score:-8, Nutrition Score:32.897391485131%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 384.09kcal (19.2%), Fat: 8.78g (13.51%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 45.18g (15.06%), Net Carbohydrates: 40.55g (14.75%), Sugar: 10.01g (11.12%), Cholesterol: 73.83mg (24.61%), Sodium: 168.04mg (7.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.78g (63.56%), Vitamin C: 102.49mg (124.23%), Vitamin K: 121.94µg (116.13%), Selenium: 60.01µg (85.72%), Vitamin B1: 1.21mg (80.75%), Vitamin B6: 1.11mg (55.65%), Vitamin B3: 8.61mg (43.06%), Phosphorus: 401.67mg (40.17%), Vitamin B2: 0.54mg (31.99%), Manganese: 0.54mg (27.19%), Potassium: 857.7mg (24.51%), Zinc: 3.04mg (20.27%), Folate: 78.46µg (19.62%), Fiber: 4.64g (18.54%), Magnesium: 71.29mg (17.82%), Iron: 3.13mg (17.39%), Vitamin B5: 1.7mg (17%), Vitamin A: 739.73IU (14.79%), Copper: 0.26mg (13.08%), Vitamin E: 1.49mg (9.96%), Vitamin B12: 0.59µg (9.83%), Calcium: 70.33mg (7.03%), Vitamin D: 0.34µg (2.27%)