



Apricot-Glazed Pork

 Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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:4.46, Inflammation Score:-8, Nutrition Score:30.152608933656%

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: 283.36kcal (14.17%), Fat: 8.19g (12.59%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 25.51g (8.5%), Net Carbohydrates: 22.02g (8.01%), Sugar: 9.65g (10.72%), Cholesterol: 73.83mg (24.61%), Sodium: 167.4mg (7.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.08g (56.17%), Vitamin C: 102.49mg (124.23%), Vitamin K: 121.94µg (116.13%), Vitamin B1: 1.2mg (79.9%), Selenium: 43.18µg (61.68%), Vitamin B6: 1.08mg (54.09%), Vitamin B3: 8.36mg (41.79%), Phosphorus: 364.7mg (36.47%), Vitamin B2: 0.53mg (31.24%), Potassium: 829.65mg (23.7%), Folate: 74µg (18.5%), Zinc: 2.72mg (18.1%), Manganese: 0.34mg (16.93%), Vitamin B5: 1.63mg (16.28%), Magnesium: 59.82mg (14.95%), Vitamin A: 739.73IU (14.79%), Fiber: 3.49g (13.95%), Iron: 2.31mg (12.86%), Copper: 0.2mg (9.89%), Vitamin B12: 0.59µg (9.83%), Vitamin E: 1.46mg (9.7%), Calcium: 65.87mg (6.59%), Vitamin D: 0.34µg (2.27%)