



WHATSheATE



Asian Barbecued Pork with Broccoli



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 cups broccoli florets



3 cups rice hot cooked



2 teaspoons cornstarch



1 teaspoon sesame oil dark



0.8 cup less-sodium chicken broth fat-free



1.5 tablespoons ginger fresh minced



1 tablespoon garlic minced



2 tablespoons garlic minced

- ☐ 0.3 cup green onions minced
- ☐ 0.3 cup hoisin
- ☐ 3 tablespoons catsup
- ☐ 1 pound pork tenderloin trimmed
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 3 tablespoons oyster sauce (such as Kame)
- ☐ 2 tablespoons sake (rice wine)
- ☐ 1.5 teaspoons sugar
- ☐ 1.5 tablespoons vegetable oil

Equipment

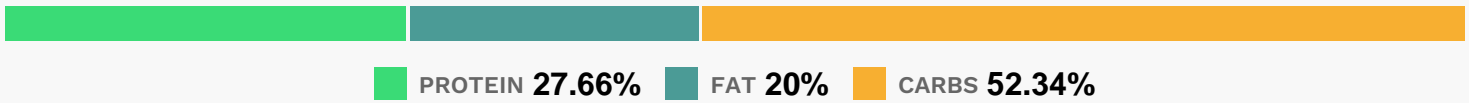
- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ wok
- ☐ dutch oven
- ☐ broiler pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine hoisin through garlic in a large zip-top plastic bag.
- ☐ Add pork; seal and marinate in refrigerator 1 hour, turning bag occasionally.
- ☐ Remove pork from bag, reserving 1/4 cup marinade. Discard remaining marinade.
- ☐ Place pork on a broiler pan coated with cooking spray; insert meat thermometer into thickest portion of pork.
- ☐ Bake at 375 for 35 minutes or until thermometer registers 15
- ☐ Let stand 5 minutes.
- ☐ Cut pork in half lengthwise.

- ☐ Cut each half crosswise into 1/4-inch-thick slices; keep warm.
- ☐ To prepare sauce, combine chicken broth through sesame oil in a bowl. Set aside.
- ☐ To prepare stir-fry, heat vegetable oil in a wok or large Dutch oven over high heat.
- ☐ Add onions, garlic, and ginger; stir-fry 10 seconds.
- ☐ Add reserved marinade, oyster sauce, and broccoli; bring to a boil over high heat; cook 1 1/2 minutes or until slightly thickened, stirring constantly. Stir in pork; cook 1 minute or until thoroughly heated.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:79.52, Glycemic Load:38.81, Inflammation Score:-8, Nutrition Score:34.674782618232%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.24mg, Kaempferol: 7.24mg, Kaempferol: 7.24mg, Kaempferol: 7.24mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 467.84kcal (23.39%), Fat: 10.2g (15.7%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 60.06g (20.02%), Net Carbohydrates: 56.13g (20.41%), Sugar: 12.09g (13.43%), Cholesterol: 74.4mg (24.8%), Sodium: 1253.85mg (54.52%), Alcohol: 1.21g (100%), Alcohol %: 0.34% (100%), Protein: 31.74g (63.49%), Vitamin K: 115.83µg (110.31%), Vitamin C: 84.92mg (102.93%), Vitamin B1: 1.24mg (82.95%), Selenium: 49.18µg (70.26%), Vitamin B6: 1.28mg (63.97%), Manganese: 0.98mg (49.12%), Vitamin B3: 9.64mg (48.2%), Phosphorus: 430mg (43%), Vitamin B2: 0.63mg (36.83%), Potassium: 928.65mg (26.53%), Zinc: 3.35mg (22.31%), Vitamin B5: 2.08mg (20.76%), Magnesium: 78.99mg (19.75%), Folate: 75.85µg (18.96%), Copper: 0.33mg (16.38%), Fiber: 3.93g (15.74%), Iron: 2.65mg (14.7%), Vitamin A: 688.87IU (13.78%), Vitamin B12: 0.72µg (11.98%), Vitamin E: 1.73mg (11.52%), Calcium: 92.72mg (9.27%), Vitamin D: 0.23µg (1.51%)