



Asian Pork-and-Broccoli Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups broccoli florets
- 8 ounce water chestnuts drained sliced canned
- 2 teaspoons sesame oil dark divided
- 1 tablespoon cooking sherry dry
- 2 cups bean sprouts fresh
- 2 garlic cloves minced
- 2 tablespoons soya sauce low-sodium
- 0.3 cup mango chutney

- 1 pound pork tenderloin cut into 1-inch strips
- 1 tablespoon water

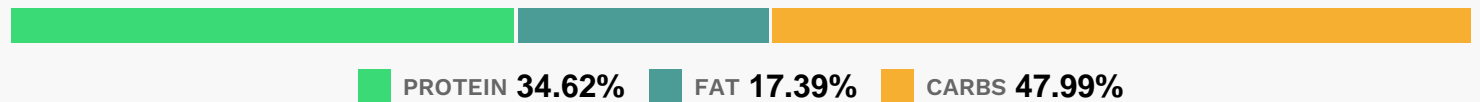
Equipment

- frying pan
- slotted spoon

Directions

- Combine first 3 ingredients; set aside.
- Heat 1 teaspoon oil in a nonstick skillet over medium-high heat.
- Add pork; stir-fry 3 minutes.
- Remove the pork from pan with a slotted spoon.
- Add 1 teaspoon oil, broccoli, and water to skillet; stir-fry 5 minutes.
- Add chutney mixture, bean sprouts, garlic, and water chestnuts; stir-fry 2 minutes. Return pork to skillet; stir-fry 30 seconds.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:11.9, Inflammation Score:-8, Nutrition Score:32.883043372113%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.31mg, Kaempferol: 7.31mg, Kaempferol: 7.31mg, Kaempferol: 7.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 333.16kcal (16.66%), Fat: 6.54g (10.05%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 34.67g (12.61%), Sugar: 19.7g (21.89%), Cholesterol: 73.71mg (24.57%), Sodium: 396.62mg (17.24%), Alcohol: 0.39g (100%), Alcohol %: 0.14% (100%), Protein: 29.27g (58.55%), Vitamin C: 92.13mg (111.67%),

Vitamin K: 110.46µg (105.2%), Vitamin B1: 1.24mg (82.83%), Vitamin B6: 1.25mg (62.6%), Selenium: 38.39µg (54.85%), Vitamin B3: 8.9mg (44.51%), Phosphorus: 402.34mg (40.23%), Vitamin B2: 0.62mg (36.33%), Potassium: 973.67mg (27.82%), Folate: 100.87µg (25.22%), Fiber: 5.91g (23.65%), Manganese: 0.47mg (23.54%), Zinc: 3.14mg (20.96%), Vitamin B5: 1.84mg (18.35%), Iron: 3.29mg (18.28%), Magnesium: 72.62mg (18.16%), Copper: 0.36mg (17.84%), Vitamin A: 580.25IU (11.61%), Vitamin E: 1.55mg (10.33%), Vitamin B12: 0.59µg (9.83%), Calcium: 70.97mg (7.1%), Vitamin D: 0.34µg (2.27%)