



Asian Pork and Vegetable Stir-Fry

READY IN



30 min.

SERVINGS



2

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup quick-cooking brown rice instant uncooked
- 1 cup water
- 4 oz pork loin boneless cut into thin bite-size strips
- 2 cups mushrooms fresh sliced
- 1 medium onion cut into thin wedges
- 0.5 teaspoon garlic powder
- 18.5 oz available by request from butcher light canned
- 1 tablespoon sauce
- 1 cup snow peas fresh

2 tablespoons almonds sliced

Equipment

frying pan

sauce pan

Directions

In 1-quart saucepan, cook rice in water as directed on package, omitting butter.

Meanwhile, in 12-inch nonstick skillet, place pork, mushrooms and onion; sprinkle with garlic powder. Cook over high heat 4 to 6 minutes, stirring frequently, until pork begins to brown. Stir in soup and stir-fry sauce; heat to boiling. Stir in pea pods. Cook over high heat 5 to 7 minutes, stirring occasionally, until pea pods are crisp-tender.

Serve pork mixture over rice; sprinkle with almonds.

Nutrition Facts

 **PROTEIN 21.38%**  **FAT 24.72%**  **CARBS 53.9%**

Properties

Glycemic Index:37, Glycemic Load:1.94, Inflammation Score:-8, Nutrition Score:27.426956674327%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg

Nutrients (% of daily need)

Calories: 436.63kcal (21.83%), Fat: 12.21g (18.78%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 59.88g (19.96%), Net Carbohydrates: 52.88g (19.23%), Sugar: 12.61g (14.01%), Cholesterol: 46.21mg (15.4%), Sodium: 1003.35mg (43.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.76g (47.51%), Potassium: 2052.9mg (58.65%),

Selenium: 33.84µg (48.34%), Vitamin B3: 8.95mg (44.77%), Vitamin B1: 0.65mg (43.37%), Vitamin C: 35.49mg (43.02%), Vitamin B2: 0.67mg (39.24%), Vitamin B6: 0.72mg (36.23%), Manganese: 0.69mg (34.36%), Phosphorus: 328.63mg (32.86%), Calcium: 287.62mg (28.76%), Copper: 0.56mg (28.12%), Fiber: 6.99g (27.97%), Folate: 111.23µg (27.81%), Vitamin B5: 2.44mg (24.4%), Iron: 3.69mg (20.49%), Vitamin A: 956.03IU (19.12%), Vitamin E: 2.86mg (19.06%), Magnesium: 72.41mg (18.1%), Zinc: 2.4mg (16%), Vitamin K: 12.49µg (11.9%), Vitamin B12: 0.33µg (5.46%), Vitamin D: 0.42µg (2.79%)