



 **90%**
HEALTH SCORE

Asian Pork and Vegetable Stir-Fry

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



2

CALORIES



1247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons almonds sliced
- 2 cups mushrooms fresh sliced
- 0.5 teaspoon garlic powder
- 1 tablespoon sauce
- 0.5 cup quick-cooking brown rice instant uncooked
- 1 medium onion cut into thin wedges
- 1 cup snow peas fresh
- 4 oz pork loin boneless cut into thin bite-size strips

18.5 oz rice light canned

1 cup water

Equipment

frying pan

sauce pan

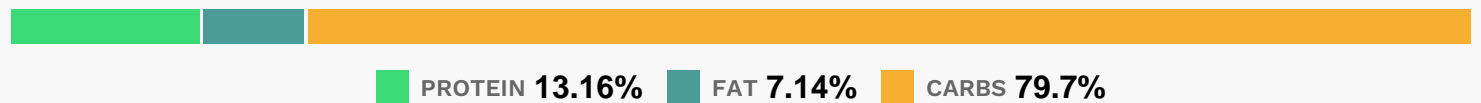
Directions

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



Properties

Glycemic Index:67.59, Glycemic Load:128.14, Inflammation Score:-8, Nutrition Score:39.381739367609%

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: 1246.93kcal (62.35%), Fat: 9.72g (14.95%), Saturated Fat: 1.68g (10.53%), Carbohydrates: 244.15g (81.38%), Net Carbohydrates: 235.84g (85.76%), Sugar: 8.7g (9.67%), Cholesterol: 35.72mg (11.91%), Sodium:

148.47mg (6.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.33g (80.66%), Manganese: 3.54mg (177.02%), Selenium: 73.44µg (104.91%), Vitamin B3: 13.15mg (65.75%), Phosphorus: 630.2mg (63.02%), Vitamin B6: 1.15mg (57.74%), Copper: 1.14mg (56.96%), Vitamin B1: 0.83mg (55.61%), Vitamin B5: 5.1mg (50.99%), Vitamin B2: 0.8mg (46.8%), Vitamin C: 35.49mg (43.02%), Zinc: 5.26mg (35.05%), Magnesium: 137.97mg (34.49%), Fiber: 8.3g (33.22%), Folate: 132.21µg (33.05%), Iron: 5.79mg (32.15%), Potassium: 1085.26mg (31.01%), Vitamin E: 3.15mg (20.98%), Calcium: 148.63mg (14.86%), Vitamin K: 12.76µg (12.15%), Vitamin A: 533.83IU (10.68%), Vitamin B12: 0.33µg (5.46%), Vitamin D: 0.42µg (2.79%)