



Asian Pork Stir-Fry

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

READY IN



45 min.

SERVINGS



5

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.7 cups rice cooked
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup cream sherry
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1.5 tablespoons ginger fresh peeled chopped
- ☐ 4 garlic cloves minced
- ☐ 8 ounces green beans

- ☐ 1 teaspoon hoisin sauce
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2 cups onion sliced
- ☐ 2 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 8 ounces reserved asian barbecued pork sliced into thin strips
- ☐ 1 cup bell pepper red cut into thin strips

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Trim green bean ends; remove strings.
- ☐ Place beans into a large saucepan of boiling water; cook 3 minutes.
- ☐ Drain and plunge beans into ice water; drain. Set aside.
- ☐ Heat 1 tablespoon oil in a nonstick skillet over medium-high heat.
- ☐ Add onions, ginger, and garlic; cook 3 minutes or until onions are crisp-tender, stirring frequently.
- ☐ Remove onion mixture from skillet; set aside.
- ☐ Heat remaining 1 tablespoon oil in pan over medium-high heat.
- ☐ Add peppers; cook 3 minutes or until crisp-tender, stirring frequently.
- ☐ Combine sherry and cornstarch in a small bowl.
- ☐ Add green beans, onion mixture, cornstarch mixture, reserved Asian Barbecued Pork, and next 4 ingredients (through red pepper) to pan. Bring to a boil, stirring constantly. Cook 1 minute or until sauce thickens.
- ☐ Serve with rice.

Nutrition Facts



 **PROTEIN 14.88%**  **FAT 40.81%**  **CARBS 44.31%**

Properties

Glycemic Index:54.8, Glycemic Load:28.43, Inflammation Score:-8, Nutrition Score:17.019565312759%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 14.35mg, Quercetin: 14.35mg, Quercetin: 14.35mg, Quercetin: 14.35mg

Nutrients (% of daily need)

Calories: 358.65kcal (17.93%), Fat: 15.84g (24.37%), Saturated Fat: 4.67g (29.16%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 35.18g (12.79%), Sugar: 6.01g (6.67%), Cholesterol: 32.68mg (10.89%), Sodium: 487.39mg (21.19%), Alcohol: 1.65g (100%), Alcohol %: 0.63% (100%), Protein: 12.99g (25.98%), Vitamin C: 49.59mg (60.11%), Manganese: 0.73mg (36.38%), Vitamin B1: 0.44mg (29.56%), Selenium: 19.1µg (27.28%), Vitamin B6: 0.54mg (27.09%), Vitamin A: 1280.39IU (25.61%), Vitamin K: 21.48µg (20.45%), Phosphorus: 185.67mg (18.57%), Vitamin B3: 3.31mg (16.55%), Vitamin B2: 0.24mg (14.33%), Fiber: 3.51g (14.03%), Potassium: 484.95mg (13.86%), Folate: 50.76µg (12.69%), Magnesium: 50.39mg (12.6%), Zinc: 1.85mg (12.31%), Vitamin E: 1.67mg (11.13%), Vitamin B5: 0.99mg (9.92%), Iron: 1.59mg (8.83%), Copper: 0.16mg (8.21%), Vitamin B12: 0.36µg (6.05%), Calcium: 58.89mg (5.89%)