



Baja Pork Stir-Fry

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

READY IN



26 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup julienne-cut bell pepper green
- 0.5 cup julienne-cut bell pepper red
- 0.5 cup julienne-cut bell pepper yellow
- 0.5 teaspoon pepper black divided
- 2 tablespoons canola oil divided
- 10 cherry tomatoes halved
- 1.5 teaspoons cornstarch
- 0.3 cup cilantro leaves fresh

- 2 garlic cloves minced
- 0.5 teaspoon ground cumin
- 0.5 jalapeno minced
- 0.3 cup lower-sodium chicken broth fat-free
- 1 pound pork tenderloin cut into 1-inch pieces
- 0.5 onion red cut into wedges
- 0.8 teaspoon salt divided

Equipment

- frying pan

Directions

- Combine first 4 ingredients.
- Sprinkle pork with 1/4 teaspoon salt and 1/4 teaspoon black pepper; toss.
- Heat a large skillet over medium-high heat.
- Add 1 tablespoon canola oil; swirl.
- Add pork, and cook for 3 minutes, browning on all sides.
- Remove pork from pan; keep warm.
- Heat pan over high heat, and add remaining 1 tablespoon canola oil, and swirl to coat.
- Add onion, and stir-fry for 1 minute.
- Add the bell peppers and jalapeo; stir-fry for 1 minute. Return pork to pan, and stir-fry for 1 minute. Stir in broth mixture, the remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon black pepper, and bring to a boil.
- Remove from heat, and stir in tomatoes.
- Sprinkle with cilantro.

Nutrition Facts

 PROTEIN 42.97%  FAT 43.67%  CARBS 13.36%

Properties

Glycemic Index:50, Glycemic Load:0.77, Inflammation Score:-8, Nutrition Score:23.562173915946%

Flavonoids

Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 233.04kcal (11.65%), Fat: 11.27g (17.34%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 6.14g (2.23%), Sugar: 2.97g (3.3%), Cholesterol: 73.71mg (24.57%), Sodium: 530.7mg (23.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.96g (49.92%), Vitamin C: 86.53mg (104.89%), Vitamin B1: 1.17mg (77.82%), Vitamin B6: 1.07mg (53.7%), Selenium: 34.99µg (49.99%), Vitamin B3: 8.23mg (41.17%), Phosphorus: 309.45mg (30.95%), Vitamin B2: 0.43mg (25.1%), Potassium: 723.23mg (20.66%), Vitamin A: 990.7IU (19.81%), Zinc: 2.35mg (15.65%), Vitamin E: 2.18mg (14.52%), Vitamin K: 12.4µg (11.81%), Vitamin B5: 1.15mg (11.53%), Magnesium: 44.42mg (11.11%), Manganese: 0.22mg (10.82%), Iron: 1.89mg (10.51%), Vitamin B12: 0.59µg (9.83%), Copper: 0.19mg (9.36%), Fiber: 1.61g (6.45%), Folate: 24.61µg (6.15%), Calcium: 27.17mg (2.72%), Vitamin D: 0.34µg (2.27%)