



Barbecued Pork Fried Rice

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1196 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 tablespoons rice wine chinese
- 0.5 teaspoon salt
- 5 cups brown rice white chilledchinese-style
- 0.3 cup hoisin sauce
- 0.3 teaspoon five spice powder chinese
- 1.5 tablespoons safflower oil
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon ginger fresh minced peeled

- 3.5 tablespoons soya sauce
- 1 tablespoon chicken broth
- 4 medium leek white green (and pale parts only)
- 1 tablespoon garlic minced
- 0.5 pound snow peas
- 1 pound pork loin boneless
- 1.5 teaspoons catsup

Equipment

- bowl
- frying pan
- oven
- baking pan
- kitchen thermometer
- aluminum foil
- ziploc bags
- colander

Directions

- Preheat oven to 350°F.
- Trim any fat from pork and pat pork dry. In a bowl stir together remaining barbecued pork loin ingredients.
- Add pork to barbecue sauce, turning it to coat.
- In a small baking pan lined with foil roast pork 25 minutes, or until a meat thermometer inserted at least 2 inches into pork registers 155°F. Cool pork completely. Pork may be roasted 2 days ahead and chilled in a sealable plastic bag.
- Cut pork into 1/4-inch-thick slices and cut slices into 1/2-inch squares.
- Cut leeks crosswise into thin slices and in a bowl soak in water to cover, separating slices into rings and agitating occasionally to dislodge any grit, 5 minutes. Lift leeks from water and drain in a colander. Trim snow peas and halve diagonally.

- In a small bowl stir together seasoning liquid ingredients.
- Spread rice in a shallow baking pan and separate grains with a fork.
- In a deep 12-inch heavy non-stick skillet heat oil over moderately high heat until hot but not smoking and stir-fry leeks and gingerroot 1 1/2 minutes, or until leeks begin to soften.
- Add snow peas and toss to coat.
- Add rice wine or sake and stir-fry until snow peas are crisp-tender.
- Add rice and pork and cook, stirring frequently, 2 to 3 minutes, or until heated through. Stir seasoning liquid and add to fried rice, tossing to coat evenly.

Nutrition Facts



■ **PROTEIN 16.44%**
■ **FAT 13.14%**
■ **CARBS 70.42%**

Properties

Glycemic Index:46.94, Glycemic Load:105.43, Inflammation Score:-10, Nutrition Score:51.393478206966%

Flavonoids

Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 1196.4kcal (59.82%), Fat: 17.27g (26.58%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 208.27g (69.42%), Net Carbohydrates: 196.36g (71.4%), Sugar: 11.16g (12.41%), Cholesterol: 72.03mg (24.01%), Sodium: 1565.71mg (68.07%), Alcohol: 0.91g (100%), Alcohol %: 0.21% (100%), Protein: 48.64g (97.27%), Manganese: 9.65mg (482.49%), Vitamin B6: 2.44mg (121.89%), Vitamin B1: 1.64mg (109.2%), Magnesium: 420.58mg (105.14%), Phosphorus: 976.28mg (97.63%), Vitamin B3: 18.34mg (91.69%), Vitamin C: 45.61mg (55.28%), Vitamin K: 56.76µg (54.06%), Vitamin B5: 5.03mg (50.32%), Zinc: 7.27mg (48.49%), Iron: 8.65mg (48.06%), Selenium: 33.56µg (47.94%), Fiber: 11.91g (47.64%), Copper: 0.94mg (46.76%), Vitamin A: 2112.31IU (42.25%), Potassium: 1416.01mg (40.46%), Folate: 135.53µg (33.88%), Vitamin B2: 0.46mg (26.86%), Vitamin E: 3.06mg (20.41%), Calcium: 176.55mg (17.65%), Vitamin B12: 0.58µg (9.65%), Vitamin D: 0.45µg (3.02%)