



Bitter Melon Stir-Fry

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bitter melon seeded sliced
- 2 cloves garlic crushed
- 2 tablespoons olive oil
- 1 small onion diced
- 0.5 pound pork loin cut into small cubes
- 5 servings salt and pepper to taste
- 0.5 pound tiger prawns deveined peeled
- 1 tomatoes chopped

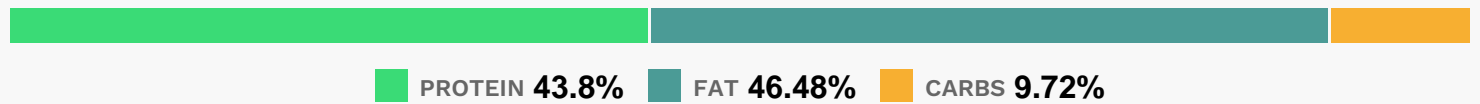
Equipment

- frying pan

Directions

- Heat the olive oil in a skillet over medium heat. Cook the onion and garlic in the hot oil until fragrant, about 5 minutes.
- Mix the pork into the onion and garlic; cook until no longer pink, about 5 minutes. Stir the prawns into the mixture and cook until no longer translucent, about 5 minutes more.
- Add the tomatoes; season with salt and pepper. Continue cooking until the tomatoes soften, about 5 minutes. Stir the bitter melon through the mixture and cook until the melon is tender, about 5 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:10.872608682384%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg 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: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 156.56kcal (7.83%), Fat: 8g (12.31%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 2.68g (0.98%), Sugar: 1.25g (1.39%), Cholesterol: 85.73mg (28.58%), Sodium: 475.79mg (20.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.96g (33.92%), Selenium: 26.27µg (37.53%), Vitamin C: 20.4mg (24.73%), Vitamin B6: 0.47mg (23.74%), Phosphorus: 230.3mg (23.03%), Vitamin B3: 3.66mg (18.29%), Vitamin B1: 0.24mg (15.69%), Vitamin B12: 0.73µg (12.25%), Vitamin E: 1.6mg (10.67%), Potassium: 359.61mg (10.27%), Zinc: 1.49mg (9.9%), Vitamin A: 374.56IU (7.49%), Magnesium: 29.35mg (7.34%), Folate: 28.4µg (7.1%), Copper: 0.14mg (6.94%), Vitamin B2: 0.11mg (6.4%), Vitamin B5: 0.56mg (5.64%), Vitamin K: 5.53µg (5.26%), Manganese: 0.1mg (4.98%), Fiber: 1.08g (4.32%), Calcium: 38.32mg (3.83%), Iron: 0.57mg (3.16%), Vitamin D: 0.23µg

(1.51%)