



Black Bean Pork and Zucchini

READY IN



45 min.

SERVINGS



4

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon black bean and garlic sauce such as Lee Kum Kee
- ☐ 2 tablespoons canola oil divided
- ☐ 1 teaspoon cornstarch
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.8 pound pork tenderloin trimmed
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon shaoxing dry chinese rice wine
- ☐ 2 tablespoons shaoxing dry chinese rice wine
- ☐ 3 cups short-grain rice hot cooked
- ☐ 0.5 cup water
- ☐ 1 pound zucchini

Equipment

- ☐ bowl
- ☐ wok

Directions

- ☐ To prepare the pork, cut pork crosswise into 3-inch pieces.
- ☐ Cut each piece lengthwise into 1/4-inch slices; cut slices into 1/2-inch-wide strips.
- ☐ Combine pork, 1 tablespoon wine, soy sauce, and 1 teaspoon cornstarch; cover and refrigerate for 20 minutes.
- ☐ To prepare sauce, combine 1/2 cup water and next 4 ingredients (through salt); set aside.
- ☐ Cut zucchini crosswise into 2-inch pieces.
- ☐ Cut each piece lengthwise into 1/4-inch slices; cut slices into 1/2-inch-wide strips.
- ☐ Heat a 14-inch wok over high heat.
- ☐ Add 2 teaspoons oil to wok, swirling to coat.
- ☐ Add zucchini and ginger to wok; stir-fry 1 minute or just until crisp-tender. Spoon into a bowl.
- ☐ Add 2 teaspoons oil to wok, swirling to coat.
- ☐ Add half of pork mixture to wok; stir-fry 2 minutes or until browned.
- ☐ Add cooked pork mixture to zucchini mixture. Repeat procedure with remaining 2 teaspoons oil and remaining pork mixture. Return zucchini mixture to wok. Stir sauce; add sauce to wok. Stir-fry 1 minute or until thickened. Spoon into a serving dish.
- ☐ Sprinkle with onions.
- ☐ Serve over rice.

Nutrition Facts



 PROTEIN **16.72%**  FAT **12.78%**  CARBS **70.5%**

Properties

Glycemic Index:36, Glycemic Load:94.41, Inflammation Score:-9, Nutrition Score:35.047825662986%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 742.08kcal (37.1%), Fat: 10.13g (15.59%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 125.81g (41.94%), Net Carbohydrates: 120.03g (43.65%), Sugar: 3.45g (3.84%), Cholesterol: 55.28mg (18.43%), Sodium: 348.17mg (15.14%), Alcohol: 1.81g (100%), Alcohol %: 0.55% (100%), Protein: 29.83g (59.65%), Vitamin B1: 1.75mg (116.85%), Folate: 379.67µg (94.92%), Manganese: 1.8mg (90.06%), Selenium: 49.34µg (70.49%), Vitamin B3: 12.46mg (62.29%), Vitamin B6: 1.12mg (55.76%), Iron: 7.85mg (43.62%), Phosphorus: 406.08mg (40.61%), Vitamin B5: 2.9mg (29.02%), Vitamin B2: 0.48mg (28.51%), Vitamin C: 21.56mg (26.13%), Zinc: 3.69mg (24.59%), Copper: 0.47mg (23.47%), Fiber: 5.78g (23.14%), Potassium: 790.79mg (22.59%), Vitamin K: 22.81µg (21.72%), Magnesium: 83.66mg (20.91%), Vitamin E: 1.6mg (10.69%), Vitamin B12: 0.43µg (7.23%), Vitamin A: 289.11IU (5.78%), Calcium: 34.45mg (3.44%), Vitamin D: 0.17µg (1.13%)