



Broccoli and Pork Stir-Fry

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

READY IN



25 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon orange juice fresh grated
- 0.3 cup soya sauce
- 0.3 cup rice vinegar
- 1 tablespoon cornstarch
- 2 teaspoons vegetable oil such as safflower
- 1 pound pork tenderloin thinly sliced quartered
- 2 garlic clove minced
- 3 spring onion white green separated thinly sliced

1 pound broccoli peeled thinly sliced cut into bite-size florets, stalks and

Equipment

bowl

frying pan

Directions

In a medium bowl, combine orange zest and juice, soy sauce, vinegar, and cornstarch; set stir-fry sauce aside.

In a large nonstick skillet, heat 1 teaspoon oil over medium. Working in two batches, cook pork until browned on one side, 1 to 2 minutes (pork will cook more in step 4).

Transfer to a plate and set aside; reserve skillet.

Add remaining teaspoon oil, garlic, and scallion whites to skillet. Cook, stirring occasionally, until scallions wilt, 1 to 2 minutes.

Add broccoli and 1/2 cup water; cover and cook until broccoli is crisp-tender and water has evaporated, 2 to 4 minutes.

Add pork (with any juices) and stir-fry sauce to skillet. Cook, stirring, until pork is cooked through and sauce has thickened, 1 to 2 minutes. Top with scallion greens.

Nutrition Facts


PROTEIN 51.63% **FAT 27.46%** **CARBS 20.91%**

Properties

Glycemic Index:52.75, Glycemic Load:1.94, Inflammation Score:-8, Nutrition Score:30.437826218812%

Flavonoids

Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 9.02mg, Kaempferol: 9.02mg, Kaempferol: 9.02mg, Kaempferol: 9.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 219.61kcal (10.98%), Fat: 6.72g (10.33%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 8.16g (2.97%), Sugar: 2.55g (2.84%), Cholesterol: 73.71mg (24.57%), Sodium: 908.57mg (39.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.42g (56.83%), Vitamin K: 138.46µg (131.87%), Vitamin C: 104.19mg (126.29%), Vitamin B1: 1.21mg (80.81%), Vitamin B6: 1.12mg (55.99%), Selenium: 37.72µg (53.88%), Vitamin B3: 8.86mg (44.29%), Phosphorus: 376.07mg (37.61%), Vitamin B2: 0.55mg (32.13%), Potassium: 869.47mg (24.84%), Folate: 80.38µg (20.1%), Manganese: 0.38mg (18.8%), Zinc: 2.7mg (18.03%), Vitamin B5: 1.67mg (16.72%), Vitamin A: 802.1IU (16.04%), Magnesium: 62.82mg (15.7%), Iron: 2.45mg (13.61%), Fiber: 3.35g (13.41%), Vitamin B12: 0.59µg (9.83%), Copper: 0.19mg (9.54%), Vitamin E: 1.37mg (9.13%), Calcium: 73.38mg (7.34%), Vitamin D: 0.34µg (2.27%)