



Cantonese Steamed Pork

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pound baby bok choy rinsed each 2 to 3 in. long
- ☐ 2 teaspoons firmly brown sugar packed
- ☐ 0.3 teaspoon chili flakes hot
- ☐ 1 tablespoon cooking sherry dry
- ☐ 0.5 cup fat-skimmed beef broth
- ☐ 1 tablespoon fermented black beans salted rinsed chopped
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 large clove garlic minced

- ☐ 2 tablespoons soya sauce reduced-sodium
- ☐ 1 pound fat-trimmed pork tenderloin cut into 1/2-inch crosswise slices
- ☐ 1.5 cups rice long-grain white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ wok

Directions

- ☐ In a 3- to 4-quart pan over high heat, bring rice and 3 cups water to a boil. Reduce heat and simmer, covered, until rice is tender to bite, about 20 minutes.
- ☐ Meanwhile, in an 8- to 10-quart pan or a 14-inch wok, set a rack over at least 1 inch boiling water. Choose a shallow, rimmed pan about 8 inches wide that fits on the rack and can be lifted out (fashion a string harness, if needed).
- ☐ In the shallow pan, combine beef broth, 2 tablespoons soy sauce, sherry, black beans, ginger, garlic, brown sugar, chili flakes, and pork. Turn the meat over in the seasonings.
- ☐ Cover pan with foil and set pork pan on rack; cover larger pan. Steam on high heat until pork is no longer pink in center (cut to test), about 12 minutes. Protecting hands, lift out pork pan and rack. Keep pork warm.
- ☐ Add enough water to pan to make 1 inch deep and bring to a boil.
- ☐ Add bok choy, cover, and boil until just tender when pierced, 2 to 4 minutes.
- ☐ Drain.
- ☐ Serve rice in bowls with pork and juice, and bok choy.
- ☐ Add soy to taste.

Nutrition Facts



Properties

Glycemic Index:30.3, Glycemic Load:33.51, Inflammation Score:-10, Nutrition Score:29.323043469502%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 436.69kcal (21.83%), Fat: 4.97g (7.64%), Saturated Fat: 1.52g (9.53%), Carbohydrates: 62.16g (20.72%), Net Carbohydrates: 59.24g (21.54%), Sugar: 3.82g (4.25%), Cholesterol: 73.71mg (24.57%), Sodium: 568.07mg (24.7%), Alcohol: 0.39g (100%), Alcohol %: 0.13% (100%), Protein: 31.9g (63.81%), Vitamin A: 6767.69IU (135.35%), Vitamin C: 68.36mg (82.86%), Vitamin B1: 1.17mg (77.98%), Selenium: 45.67µg (65.24%), Vitamin B6: 1.02mg (50.77%), Vitamin B3: 8.89mg (44.47%), Manganese: 0.83mg (41.6%), Phosphorus: 374.61mg (37.46%), Vitamin B2: 0.44mg (26.14%), Calcium: 200.88mg (20.09%), Zinc: 2.97mg (19.8%), Vitamin B5: 1.73mg (17.26%), Iron: 3mg (16.67%), Potassium: 580.14mg (16.58%), Magnesium: 55.45mg (13.86%), Copper: 0.27mg (13.57%), Fiber: 2.91g (11.66%), Vitamin B12: 0.65µg (10.77%), Vitamin E: 0.41mg (2.74%), Folate: 9.66µg (2.42%), Vitamin D: 0.34µg (2.27%)