



Cantonese-Style Grilled Pork

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

READY IN



45 min.

SERVINGS



4

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound boston butt pork shoulder boneless trimmed
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons hoisin sauce
- ☐ 2 tablespoons catsup
- ☐ 2 teaspoons mirin sweet (rice wine)
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon shaoxing dry chinese (cooking wine)

☐ 1 tablespoon sugar

Equipment

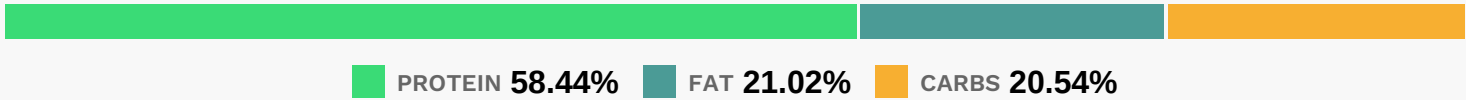
☐ grill

☐ ziploc bags

Directions

- ☐ Cover and freeze pork for 45 minutes.
- ☐ Cut pork across the grain into 1/8-inch-thick slices.
- ☐ Sprinkle pork evenly with salt.
- ☐ Combine sugar and next 6 ingredients (through garlic) in a large zip-top plastic bag; knead to blend.
- ☐ Add pork to bag; seal. Marinate in refrigerator for 3 hours, turning bag occasionally.
- ☐ Preheat grill to medium-high heat.
- ☐ Remove pork from bag, and discard marinade.
- ☐ Place pork on a grill rack coated with cooking spray. Grill for 1 minute on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:2.19, Inflammation Score:-2, Nutrition Score:14.546086963104%

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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 188.68kcal (9.43%), Fat: 4.15g (6.39%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 8.86g (3.22%), Sugar: 6.83g (7.59%), Cholesterol: 68.28mg (22.76%), Sodium: 550.01mg (23.91%), Alcohol: 0.79g (100%), Alcohol %: 0.71% (100%), Protein: 25.97g (51.95%), Vitamin B3: 11.1mg (55.51%), Vitamin B1: 0.73mg (48.96%), Vitamin B6: 0.85mg (42.38%), Selenium: 29.62µg (42.32%), Vitamin B2: 0.56mg (32.9%), Phosphorus: 266.81mg (26.68%), Vitamin B12: 0.99µg (16.44%), Zinc: 2.27mg (15.11%), Potassium: 467.73mg (13.36%), Vitamin B5: 1.13mg (11.3%), Magnesium: 33.31mg (8.33%), Iron: 1.15mg (6.38%), Copper: 0.11mg (5.35%), Manganese: 0.06mg (3.13%), Vitamin E: 0.22mg (1.5%), Calcium: 13.73mg (1.37%), Fiber: 0.27g (1.09%)