



## Caramel Pork

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

READY IN



40 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 fillet anchovy canned minced rinsed
- 0.5 teaspoon pepper red crushed
- 3 tablespoons brown sugar dark
- 3 garlic cloves minced
- 1 teaspoon bottled ground ginger fresh
- 0.5 teaspoon kosher salt divided
- 8 lime wedges
- 0.5 cup lower-sodium chicken broth fat-free

- 1 tablespoon lower-sodium soy sauce
- 0.5 cup peas green frozen thawed
- 1 pound pork tenderloin cut into 1-inch pieces
- 1 tablespoon rice vinegar
- 0.8 cup short-grain rice uncooked
- 0.5 cup vidalia sweet chopped
- 1 cup water

## Equipment

- frying pan
- sauce pan

## Directions

- Combine 1 cup water, rice, and 1/4 teaspoon salt in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes; remove from heat.
- Let stand 10 minutes; gently stir in peas and vinegar.
- Heat a medium skillet over high heat. Coat pan with cooking spray.
- Add pork; saut 5 minutes.
- Sprinkle with 1/4 teaspoon salt.
- Add onion and garlic; stir-fry 2 minutes. Stir in broth and next 5 ingredients (through anchovy); bring to a boil. Reduce heat; simmer 5 minutes or until slightly thick. Spoon 1/2 cup rice on each of 4 plates; top each serving with 1/2 cup pork mixture.
- Serve with lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:59.58, Glycemic Load:25.27, Inflammation Score:-7, Nutrition Score:23.907391485961%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

## **Nutrients (% of daily need)**

Calories: 348.07kcal (17.4%), Fat: 4.49g (6.9%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 47.86g (15.95%), Net Carbohydrates: 44.36g (16.13%), Sugar: 11.45g (12.72%), Cholesterol: 74.13mg (24.71%), Sodium: 580.78mg (25.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.49g (56.98%), Vitamin B1: 1.4mg (93.33%), Selenium: 41.73µg (59.62%), Vitamin B6: 1.05mg (52.56%), Vitamin B3: 9.76mg (48.82%), Manganese: 0.73mg (36.58%), Phosphorus: 356.09mg (35.61%), Folate: 108µg (27%), Vitamin B2: 0.45mg (26.61%), Vitamin C: 19.39mg (23.51%), Iron: 3.55mg (19.7%), Potassium: 688.31mg (19.67%), Zinc: 2.93mg (19.55%), Vitamin B5: 1.6mg (15.96%), Fiber: 3.5g (14.02%), Magnesium: 55.74mg (13.94%), Copper: 0.28mg (13.78%), Vitamin B12: 0.59µg (9.9%), Vitamin K: 5.14µg (4.89%), Vitamin A: 233.8IU (4.68%), Calcium: 45.83mg (4.58%), Vitamin E: 0.49mg (3.24%), Vitamin D: 0.35µg (2.32%)