



 **29%**
HEALTH SCORE

Cashew Sweet-and-Sour Pork

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

READY IN



45 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon bottled garlic minced
- 2 teaspoons bottled ginger fresh minced
- 0.3 cup apple cider vinegar
- 2 tablespoons cornstarch divided
- 0.3 cup spring onion chopped
- 3 tablespoons catsup
- 1 pound pork tenderloins trimmed cut into 1/2-inch pieces
- 3 tablespoons soy sauce low-sodium

- 1 tablespoon vegetable oil; peanut oil preferred
- 8 ounce pineapple chunks drained canned
- 3.5 ounce rice long-grain
- 3.5 ounce rice long-grain
- 0.3 cup roasted cashews unsalted finely chopped
- 1 tablespoon cooking sherry
- 0.5 pound snow peas trimmed
- 0.3 cup sugar
- 0.3 cup water

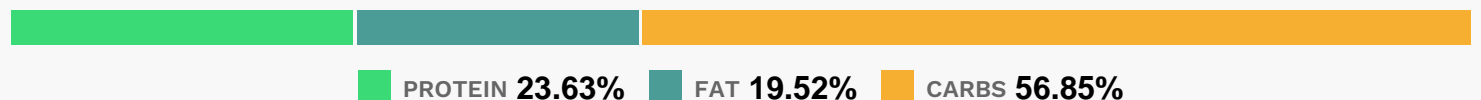
Equipment

- frying pan
- whisk

Directions

- Cook rice according to package directions, omitting salt and fat.
- Combine 1 tablespoon cornstarch, sherry, and pork, tossing well.
- Combine 1 tablespoon cornstarch, water, sugar, vinegar, soy sauce, and ketchup, stirring with a whisk.
- Heat the peanut oil in a large nonstick skillet over medium-high heat.
- Add pork mixture; stir-fry 3 minutes.
- Add cashews, green onions, ginger, and garlic; stir-fry 1 minute.
- Add snow peas and pineapple; stir-fry 3 minutes or until snow peas are crisp-tender.
- Add vinegar mixture to pan; bring to a boil. Cook 1 minute, stirring frequently.
- Serve the pork mixture over rice.

Nutrition Facts



Properties

Glycemic Index:81.12, Glycemic Load:32.94, Inflammation Score:-8, Nutrition Score:29.813043521798%

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 Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 552.63kcal (27.63%), Fat: 11.89g (18.29%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 77.91g (25.97%), Net Carbohydrates: 74.32g (27.02%), Sugar: 26.21g (29.12%), Cholesterol: 73.71mg (24.57%), Sodium: 605.22mg (26.31%), Alcohol: 0.39g (100%), Protein: 32.37g (64.75%), Vitamin B1: 1.34mg (89.66%), Selenium: 44.95µg (64.22%), Vitamin B6: 1.19mg (59.35%), Vitamin C: 41.5mg (50.3%), Vitamin B3: 9.4mg (46.98%), Manganese: 0.93mg (46.61%), Phosphorus: 457.42mg (45.74%), Vitamin B2: 0.55mg (32.35%), Vitamin K: 31.92µg (30.4%), Copper: 0.61mg (30.38%), Magnesium: 108.64mg (27.16%), Potassium: 878.15mg (25.09%), Zinc: 3.71mg (24.74%), Iron: 3.93mg (21.82%), Vitamin B5: 2.09mg (20.89%), Vitamin A: 764.81IU (15.3%), Fiber: 3.59g (14.36%), Folate: 49.14µg (12.28%), Vitamin B12: 0.58µg (9.64%), Vitamin E: 1.45mg (9.64%), Calcium: 72.78mg (7.28%), Vitamin D: 0.23µg (1.51%)