



 **54%**
HEALTH SCORE

Chinese BBQ Pork With Shiitake and Bok Choy

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

READY IN



41 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound bok choy halved lengthwise
- 4 cups jasmine rice cooked
- 0.3 cup chives fresh minced
- 2 teaspoons ginger fresh divided finely grated peeled
- 1 cup grapefruit segments
- 3 tablespoons hoisin sauce chinese divided
- 1 tablespoon vegetable oil; peanut oil preferred divided

- 1 pound pork tenderloin cut into 1/4-inch-thick rounds
- 1 tablespoon roasted peanuts chopped
- 7 ounces mushroom caps quartered

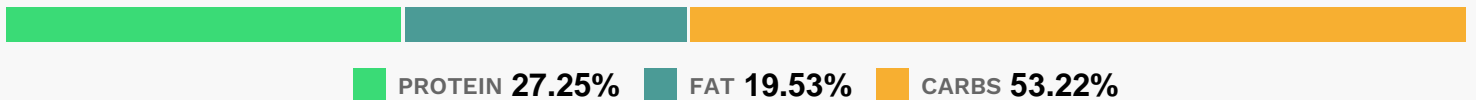
Equipment

- bowl
- frying pan
- wok

Directions

- Heat wok or large skillet over medium-high heat; add 1 teaspoon oil and mushrooms; cook, stirring, about 3 minutes.
- Transfer to plate; cover.
- Add 1 tablespoon oil to wok, and cook pork 2 minutes, turning often. Stir in 2 tablespoons hoisin and 1 teaspoon ginger. Cook, turning, 2 minutes or until cooked through.
- Transfer to plate; cover.
- Add remaining 1 teaspoon oil to wok. Cook bok choy with remaining 1 teaspoon ginger, stirring often, 2 minutes or until almost tender.
- Add 1/4 cup water, grapefruit juice, and remaining 1 tablespoon hoisin; cook 2 minutes or until tender. Turn off heat.
- Divide rice into 4 bowls, and top with pork, mushrooms, bok choy, and grapefruit.
- Sprinkle with peanuts and chives.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:49.86, Inflammation Score:-10, Nutrition Score:35.833043233208%

Flavonoids

Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 18.77mg, Naringenin: 18.77mg, Naringenin: 18.77mg, Naringenin: 18.77mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 466.92kcal (23.35%), Fat: 10.1g (15.53%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 61.9g (20.63%), Net Carbohydrates: 57.61g (20.95%), Sugar: 9.56g (10.63%), Cholesterol: 74.07mg (24.69%), Sodium: 325.72mg (14.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.69g (63.39%), Vitamin A: 4573.03IU (91.46%), Vitamin B1: 1.22mg (81.46%), Selenium: 49.95µg (71.36%), Vitamin C: 57.76mg (70.01%), Vitamin B6: 1.37mg (68.71%), Manganese: 1.12mg (56.23%), Vitamin B3: 11.13mg (55.66%), Phosphorus: 456.91mg (45.69%), Vitamin K: 44.11µg (42.01%), Vitamin B2: 0.62mg (36.42%), Potassium: 988.95mg (28.26%), Vitamin B5: 2.59mg (25.88%), Zinc: 3.71mg (24.76%), Magnesium: 89.39mg (22.35%), Folate: 83.44µg (20.86%), Copper: 0.35mg (17.74%), Fiber: 4.28g (17.14%), Iron: 2.57mg (14.28%), Calcium: 134.35mg (13.43%), Vitamin B12: 0.59µg (9.83%), Vitamin E: 1.05mg (7.03%), Vitamin D: 0.54µg (3.59%)