



## Chinese pork one-pot

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 400 g pork tenderloin cut into long thin strips
- 600 ml chicken stock see
- 1 tbsp soya sauce
- 2 tsp five-spice powder chinese
- 1 large knob ginger peeled cut into matchsticks
- 200 g pack baby leaf green quartered
- 1 tsp chilli flakes red deseeded finely chopped
- 1 bunch spring onion sliced

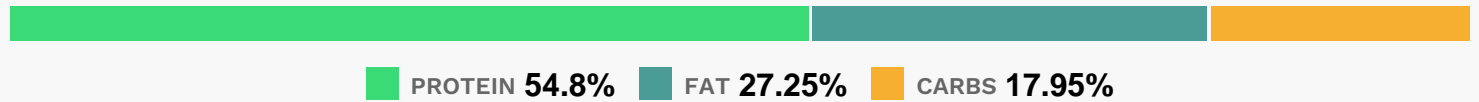
# Equipment

- bowl
- sauce pan
- ladle

# Directions

- Tip all the ingredients, except the spring onion greens, into a large saucepan, put the lid on and bring to a gentle simmer. Cook, without boiling, for about 8 mins, until the pork has changed colour and the greens are cooked, but still a bit crunchy. Ladle into bowls, scatter with the spring onion and serve with boiled rice or noodles on the side.

# Nutrition Facts



# Properties

Glycemic Index:16.75, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:24.196521779765%

# Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

# Nutrients (% of daily need)

Calories: 193.91kcal (9.7%), Fat: 5.77g (8.88%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 7.41g (2.69%), Sugar: 3.02g (3.35%), Cholesterol: 69.56mg (23.19%), Sodium: 536.69mg (23.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.11g (52.21%), Vitamin A: 3782.52IU (75.65%), Vitamin B1: 1.08mg (72.21%), Vitamin K: 75.75µg (72.14%), Selenium: 34.13µg (48.75%), Vitamin B3: 9.48mg (47.38%), Vitamin B6: 0.93mg (46.47%), Phosphorus: 315.61mg (31.56%), Vitamin B2: 0.52mg (30.83%), Potassium: 706.22mg (20.18%), Zinc: 2.32mg (15.49%), Iron: 2.66mg (14.78%), Magnesium: 46.13mg (11.53%), Manganese: 0.22mg (10.9%), Copper: 0.22mg (10.79%), Vitamin B5: 0.94mg (9.42%), Vitamin B12: 0.52µg (8.67%), Folate: 31.49µg (7.87%), Vitamin C: 6.47mg (7.84%), Calcium: 46.83mg (4.68%), Fiber: 1.15g (4.59%), Vitamin E: 0.42mg (2.79%), Vitamin D: 0.3µg (2%)