



Chinese Pork with Eggplant and Rice Sticks

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound pork loin boneless
- ☐ 1 clove bottled garlic minced
- ☐ 1 tablespoon brown sugar
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 4 cups eggplant cubed peeled () (8 ounces)
- ☐ 0.3 cup fat-skimmed beef broth fat-free
- ☐ 1 cup cilantro leaves fresh coarsely chopped
- ☐ 0.3 teaspoon ground pepper red

- ☐ 1 tablespoon catsup
- ☐ 1 teaspoon soy sauce low-sodium
- ☐ 2 cups onion finely chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 3 ounces angel hair pasta uncooked (rice-flour noodles)
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sesame seed
- ☐ 2 teaspoons vegetable oil divided

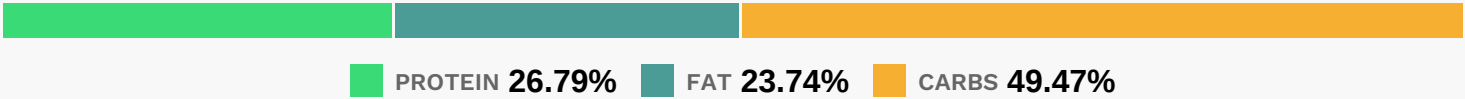
Equipment

- ☐ frying pan

Directions

- ☐ Cook rice sticks according to package directions; drain and keep warm.
- ☐ Trim fat from pork; cut into 1/2-inch pieces.
- ☐ Combine salt, cracked pepper, and ground red pepper.
- ☐ Sprinkle pork with pepper mixture.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add eggplant, and stir-fry 2 minutes.
- ☐ Remove from pan.
- ☐ Heat 1 teaspoon oil in pan.
- ☐ Add pork, and stir-fry 2 minutes.
- ☐ Add onion, and stir-fry 3 minutes.
- ☐ Add garlic and crushed red pepper, and stir-fry 1 minute.
- ☐ Add chicken broth, vinegar, sugar, ketchup, and soy sauce; bring to a boil, and cook 2 minutes. Return eggplant to pan, and cook until thoroughly heated.
- ☐ Sprinkle with sesame seeds and cilantro.
- ☐ Serve over rice sticks.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:8.98, Inflammation Score:-7, Nutrition Score:16.217391418374%

Flavonoids

Delphinidin: 70.27mg, Delphinidin: 70.27mg, Delphinidin: 70.27mg, Delphinidin: 70.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.43mg, Quercetin: 18.43mg, Quercetin: 18.43mg, Quercetin: 18.43mg

Nutrients (% of daily need)

Calories: 269.61kcal (13.48%), Fat: 7.19g (11.06%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 28.44g (10.34%), Sugar: 10.67g (11.85%), Cholesterol: 35.72mg (11.91%), Sodium: 321.74mg (13.99%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 18.25g (36.5%), Selenium: 31.71µg (45.3%), Vitamin B6: 0.68mg (34.07%), Manganese: 0.67mg (33.29%), Vitamin B1: 0.38mg (25.12%), Phosphorus: 244.29mg (24.43%), Vitamin B3: 4.65mg (23.25%), Fiber: 5.25g (21%), Vitamin K: 20.51µg (19.53%), Copper: 0.38mg (18.93%), Potassium: 636.26mg (18.18%), Magnesium: 63.28mg (15.82%), Zinc: 1.95mg (13.02%), Vitamin B2: 0.2mg (11.9%), Folate: 44.7µg (11.18%), Vitamin C: 9.13mg (11.07%), Iron: 1.73mg (9.6%), Vitamin B5: 0.9mg (9.01%), Calcium: 81.48mg (8.15%), Vitamin A: 400.44IU (8.01%), Vitamin E: 0.8mg (5.34%), Vitamin B12: 0.32µg (5.29%), Vitamin D: 0.23µg (1.51%)