

Chinese Style Ground Pork and Tofu

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon black bean garlic sauce
- 2 tablespoons sherry dry
- 2 cloves garlic minced
- 1 bunch spring onion chopped
- 1 pound ground pork
- 2 tablespoons olive oil
- 6 servings soya sauce to taste
- 14 ounce tofu firm cubed

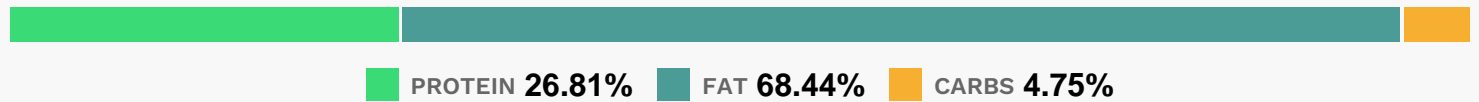
Equipment

sauce pan

Directions

- Cook garlic in the olive oil over medium-high heat in a large saucepan until lightly browned and fragrant.
- Add the ground pork and brown, stirring frequently to break it up. Stir in the tofu, reduce the heat to medium, and cook to reheat, stirring occasionally, about three minutes. Season with black bean sauce, soy sauce, sherry, and green onions.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:9.8265218553336%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 316.48kcal (15.82%), Fat: 23.7g (36.46%), Saturated Fat: 6.93g (43.3%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 2.76g (1%), Sugar: 0.94g (1.04%), Cholesterol: 54.43mg (18.14%), Sodium: 1051.69mg (45.73%), Alcohol: 0.51g (100%), Alcohol %: 0.37% (100%), Protein: 20.89g (41.78%), Vitamin B1: 0.57mg (37.9%), Selenium: 18.91µg (27.02%), Vitamin B3: 4.02mg (20.12%), Vitamin B6: 0.34mg (17.14%), Phosphorus: 159.61mg (15.96%), Vitamin B2: 0.21mg (12.36%), Zinc: 1.77mg (11.83%), Iron: 2.05mg (11.41%), Vitamin K: 11.13µg (10.6%), Calcium: 102.06mg (10.21%), Vitamin B12: 0.53µg (8.82%), Potassium: 273.77mg (7.82%), Manganese: 0.13mg (6.32%), Vitamin B5: 0.58mg (5.84%), Magnesium: 23.11mg (5.78%), Vitamin E: 0.69mg (4.63%), Fiber: 0.94g (3.76%), Copper: 0.06mg (3.24%), Folate: 9.66µg (2.41%), Vitamin C: 1.59mg (1.93%)