



Chinese-Style Pork Stir-Fry

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

READY IN



20 min.

SERVINGS



20

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups available in the asian foods section of some supermarkets and at asian markets mixed red frozen (carrots, broccoli florets, pepper strips, sugarsnap peas)
- 2 cups rice long-grain white hot cooked
- 0.3 tsp ground ginger
- 2 Tbsp honey
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 Tbsp oil
- 1 lb pork chops boneless cut into strips
- 2 Tbsp lite soy sauce

Equipment

- frying pan
- wok

Directions

- Heat oil in nonstick wok or large nonstick skillet on medium-high heat.
- Add meat; stir-fry 5 min. or until done.
- Add all remaining ingredients except rice; stir-fry 5 min. or until heated through.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:11.06, Glycemic Load:6.7, Inflammation Score:-7, Nutrition Score:5.4430434496506%

Nutrients (% of daily need)

Calories: 91.61kcal (4.58%), Fat: 3.06g (4.71%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 8.81g (3.2%), Sugar: 2.08g (2.31%), Cholesterol: 15.2mg (5.07%), Sodium: 151.97mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Vitamin A: 1203.37IU (24.07%), Selenium: 8.89µg (12.7%), Vitamin B1: 0.19mg (12.33%), Vitamin B3: 2.25mg (11.25%), Vitamin B6: 0.21mg (10.41%), Manganese: 0.15mg (7.65%), Phosphorus: 74.91mg (7.49%), Potassium: 147.95mg (4.23%), Fiber: 1.03g (4.13%), Vitamin B2: 0.07mg (3.98%), Zinc: 0.55mg (3.67%), Magnesium: 14.43mg (3.61%), Vitamin C: 2.48mg (3.01%), Vitamin B5: 0.27mg (2.73%), Copper: 0.05mg (2.47%), Iron: 0.43mg (2.41%), Vitamin K: 2.14µg (2.04%), Vitamin B12: 0.12µg (2%), Folate: 7.7µg (1.93%), Vitamin E: 0.22mg (1.48%)