



## Citrus Pork Stir-Fry

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups broccoli florets
- 1 lb carrots sliced
- 0.3 cup planters cashews toasted
- 0.3 cup dressing italian kraft
- 0.5 cup oranges coarsely chopped
- 1 lb pork loin thinly sliced
- 2 tsp soya sauce

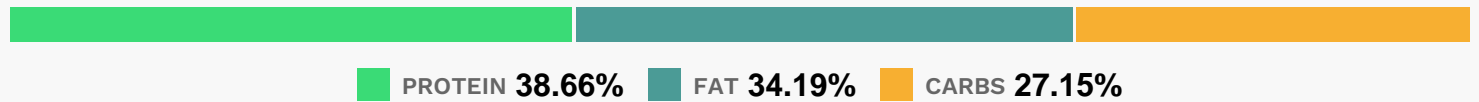
## Equipment

- frying pan
- grill
- aluminum foil

## Directions

- Heat grill to medium-high heat.
- Combine all ingredients except nuts.
- Poke small holes in bottom of large disposable aluminum foil pan; fill with meat mixture.
- Place on grate of grill; cover with lid. Grill 15 min. or until meat is done and vegetables are crisp-tender, stirring frequently.
- Top with nuts.

## Nutrition Facts



## Properties

Glycemic Index:40.38, Glycemic Load:5.66, Inflammation Score:-10, Nutrition Score:30.176521840303%

## Flavonoids

Hesperetin: 6.13mg, Hesperetin: 6.13mg, Hesperetin: 6.13mg, Hesperetin: 6.13mg Naringenin: 3.45mg, Naringenin: 3.45mg, Naringenin: 3.45mg, Naringenin: 3.45mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

## Nutrients (% of daily need)

Calories: 303.86kcal (15.19%), Fat: 11.71g (18.01%), Saturated Fat: 2.57g (16.05%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 15.73g (5.72%), Sugar: 10.37g (11.52%), Cholesterol: 71.44mg (23.81%), Sodium: 463.22mg (20.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.78g (59.57%), Vitamin A: 19283.66IU (385.67%), Vitamin C: 59.35mg (71.93%), Vitamin K: 72.35µg (68.91%), Vitamin B6: 1.15mg (57.74%), Selenium: 34.7µg (49.57%), Vitamin B1: 0.67mg (44.53%), Vitamin B3: 8.21mg (41.04%), Phosphorus: 381.93mg (38.19%), Potassium: 1043.4mg (29.81%), Manganese: 0.42mg (21.21%), Fiber: 5.19g (20.75%), Vitamin B2: 0.35mg (20.55%), Magnesium: 80.37mg (20.09%), Zinc: 3mg (20.03%), Copper: 0.33mg (16.65%), Vitamin B5: 1.55mg (15.52%), Folate: 59.52µg (14.88%), Vitamin E: 1.69mg (11.24%), Iron: 1.96mg (10.86%), Vitamin B12: 0.58µg (9.64%), Calcium: 78.97mg (7.9%), Vitamin D: 0.45µg (3.02%)