



Crispy Pork Stir-Fry with Baby Bok Choy

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

Ingredients

- 2 heads baby bok choy quartered
- 2 teaspoons brown sugar
- 1 tablespoon canola oil
- 2 cups brown rice long-grain hot cooked
- 1.5 teaspoons sesame oil dark
- 1 tablespoon ginger fresh peeled finely chopped
- 3 large garlic cloves thinly sliced
- 0.3 cup green onions sliced

- 1.5 cups pieces haricots verts french (2-inch) (green beans)
- 0.5 teaspoon kosher salt
- 1 tablespoon lower-sodium soy sauce
- 10 ounce boston butt pork shoulder very thinly sliced
- 1 bell pepper red cut into thin strips
- 2 tablespoons rice vinegar
- 0.3 teaspoon pepper white

Equipment

- bowl
- frying pan
- wok

Directions

- Heat a large wok over high heat until very hot. Toss pork with sesame oil, salt, and pepper.
- Add pork to pan; let stand 2 minutes, without stirring, so that pork gets crispy and browned. Stir-fry pork for 2 minutes or until well browned on all sides.
- Let stand 1 minute without stirring. Spoon pork into a bowl; set aside.
- Reheat pan over high heat until very hot.
- Add canola oil; swirl to coat.
- Add bok choy; stir-fry 2 minutes.
- Add green beans, ginger, garlic, and bell pepper; stir-fry 3 minutes or until crisp-tender.
- Combine vinegar, soy sauce, and brown sugar, stirring until sugar dissolves.
- Remove pan from heat; stir in vinegar mixture, tossing to coat. Stir in pork.
- Sprinkle with green onions.
- Serve over rice.

Nutrition Facts



■ PROTEIN 19.75% ■ FAT 32.21% ■ CARBS 48.04%

Properties

Glycemic Index:51.25, Glycemic Load:1.53, Inflammation Score:-8, Nutrition Score:18.926086944083%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 255.44kcal (12.77%), Fat: 9.2g (14.15%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 30.85g (10.28%), Net Carbohydrates: 27.05g (9.84%), Sugar: 5.1g (5.67%), Cholesterol: 28.97mg (9.66%), Sodium: 478.74mg (20.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.69g (25.38%), Vitamin C: 45.67mg (55.36%), Manganese: 1.09mg (54.52%), Vitamin B1: 0.54mg (35.71%), Vitamin K: 35.46µg (33.77%), Selenium: 23.04µg (32.92%), Vitamin A: 1303.46IU (26.07%), Vitamin B6: 0.51mg (25.37%), Phosphorus: 205.28mg (20.53%), Vitamin B3: 4.04mg (20.21%), Magnesium: 70.59mg (17.65%), Fiber: 3.8g (15.22%), Zinc: 2.24mg (14.91%), Vitamin B2: 0.25mg (14.48%), Potassium: 389.75mg (11.14%), Folate: 39.41µg (9.85%), Copper: 0.19mg (9.68%), Iron: 1.73mg (9.59%), Vitamin E: 1.36mg (9.06%), Vitamin B5: 0.86mg (8.57%), Vitamin B12: 0.36µg (6.05%), Calcium: 46.4mg (4.64%)