



Dinner Tonight: Miao Pork with Corn and Chiles

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

READY IN



20 min.

SERVINGS



2

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cooking oil
- 2 pepper flakes red stemmed seeded thinly sliced
- 3 cups ears corn (from 3 ears of corn)
- 2 teaspoons garlic minced
- 0.3 pound pork loin cut into 1/2-inch by 1-inch pieces
- 1 teaspoon salt
- 0.3 teaspoon peppercorns

Equipment

wok

Directions

Place a wok over high heat.

Pour in the oil, and when it just starts to smoke, add the garlic. Stir-fry until fragrant, just a few seconds, and then add the pork and Sichuan pepper. Stir-fry until the pork is no longer pink, about a minute.

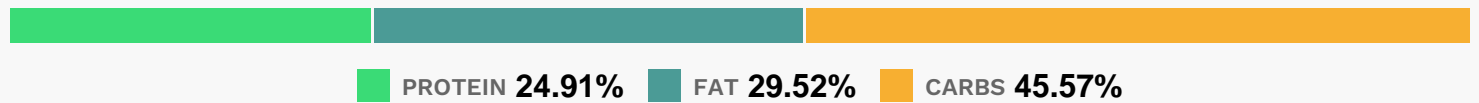
Add the chiles and 1/2 teaspoon of salt. Stir-fry until pork begins to brown, about one minute.

Add corn, and stir-fry for a minute. Then add the remaining 1/2 teaspoon of salt and cook until corn is tender, about 3 minutes.

Serve corn and pork with white rice.

Drizzle on chili oil (optional) to taste.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:1.83, Inflammation Score:-8, Nutrition Score:25.091739146606%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 372.57kcal (18.63%), Fat: 13.24g (20.36%), Saturated Fat: 2.19g (13.72%), Carbohydrates: 45.98g (15.33%), Net Carbohydrates: 40.75g (14.82%), Sugar: 16.03g (17.82%), Cholesterol: 47.63mg (15.88%), Sodium: 1237.08mg (53.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.26%), Vitamin C: 80.39mg (97.44%), Vitamin B6: 1.04mg (51.98%), Vitamin B1: 0.71mg (47.4%), Vitamin B3: 8.78mg (43.9%), Phosphorus: 388.48mg (38.85%), Selenium: 22.93µg (32.75%), Potassium: 1034.47mg (29.56%), Manganese: 0.57mg (28.36%), Magnesium: 112.2mg (28.05%), Folate: 101.88µg (25.47%), Vitamin B5: 2.24mg (22.39%), Fiber: 5.23g (20.91%), Vitamin B2: 0.3mg (17.88%), Zinc: 2.52mg (16.82%), Vitamin A: 838.4IU (16.77%), Vitamin K: 12.89µg (12.28%), Vitamin E: 1.79mg (11.96%), Copper: 0.24mg (11.83%), Iron: 2.12mg (11.76%), Vitamin B12: 0.39µg (6.43%), Calcium:

23.02mg (2.3%), Vitamin D: 0.3µg (2.02%)