



East Asian Pork Strips

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons bourbon
- ☐ 0.5 teaspoon cornstarch
- ☐ 4 teaspoons ginger fresh peeled chopped
- ☐ 3 tablespoons green onions thinly sliced
- ☐ 0.5 teaspoon honey
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.5 cup onion chopped

- ☐ 16 ounce center-cut loin pork chops boneless trimmed cut into 1/2-inch strips
- ☐ 4 teaspoons sugar
- ☐ 1.5 teaspoons vegetable oil
- ☐ 1.5 tablespoons vinegar white

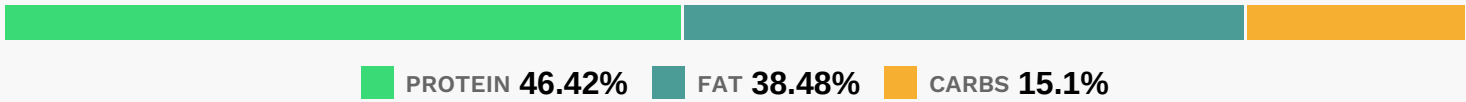
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ ziploc bags

Directions

- ☐ Combine first 3 ingredients in a large zip-top plastic bag, and add pork to bag. Seal, and marinate in refrigerator 30 minutes.
- ☐ Combine soy sauce and the next 5 ingredients (soy sauce through honey) in a blender, and process until smooth.
- ☐ Pour the soy mixture into a small saucepan, and bring to a boil. Cook for 1 minute, stirring constantly.
- ☐ Remove mixture from heat; stir in green onions.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add pork mixture to pan; cook, stirring frequently 6 minutes or until pork loses its pink color.
- ☐ Serve the pork with sauce.

Nutrition Facts



Properties

Glycemic Index:73.34, Glycemic Load:3.73, Inflammation Score:-4, Nutrition Score:15.087826065395%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 248.85kcal (12.44%), Fat: 9.67g (14.88%), Saturated Fat: 3.06g (19.12%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 7.86g (2.86%), Sugar: 5.78g (6.42%), Cholesterol: 75.98mg (25.33%), Sodium: 630.3mg (27.4%), Alcohol: 2.51g (100%), Alcohol %: 1.8% (100%), Protein: 26.25g (52.5%), Selenium: 37.84µg (54.05%), Vitamin B1: 0.78mg (51.71%), Vitamin B3: 9.31mg (46.53%), Vitamin B6: 0.88mg (43.99%), Phosphorus: 291.88mg (29.19%), Vitamin B2: 0.26mg (15.27%), Potassium: 533.13mg (15.23%), Zinc: 1.95mg (13.01%), Vitamin K: 12.91µg (12.29%), Magnesium: 44.75mg (11.19%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.91mg (9.12%), Manganese: 0.15mg (7.53%), Iron: 0.94mg (5.22%), Copper: 0.09mg (4.67%), Folate: 13.97µg (3.49%), Vitamin D: 0.45µg (3.02%), Vitamin C: 2.43mg (2.95%), Fiber: 0.68g (2.7%), Vitamin E: 0.39mg (2.58%), Calcium: 22.44mg (2.24%), Vitamin A: 51.17IU (1.02%)