



Easy Chinese Stir-Fry

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 3 carrots sliced
- 2 green onions thinly sliced
- 2 Tbsp hoisin sauce
- 1 tsp oil
- 1 lb pork tenderloin cut into thin strips

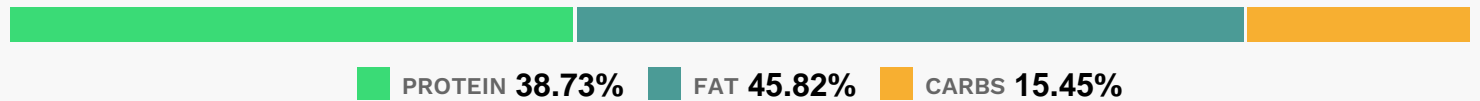
Equipment

- frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add meat and carrots; stir-fry 5 min.
- Stir in dressing and hoisin sauce; stir-fry 7 min. or until meat is done and carrots are crisp-tender.
- Add onions; stir-fry 1 min.

Nutrition Facts



Properties

Glycemic Index:2.63, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:3.1878260659135%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 34.19kcal (1.71%), Fat: 1.7g (2.61%), Saturated Fat: 0.29g (1.78%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.69g (0.76%), Cholesterol: 9.86mg (3.29%), Sodium: 53.08mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin A: 1027.41IU (20.55%), Vitamin B1: 0.15mg (10.2%), Selenium: 4.61µg (6.59%), Vitamin B6: 0.13mg (6.26%), Vitamin B3: 1.08mg (5.38%), Phosphorus: 39.58mg (3.96%), Vitamin B2: 0.06mg (3.38%), Vitamin K: 2.57µg (2.45%), Potassium: 82.42mg (2.35%), Zinc: 0.3mg (2.03%), Vitamin B5: 0.14mg (1.45%), Magnesium: 5.23mg (1.31%), Vitamin B12: 0.08µg (1.31%), Iron: 0.19mg (1.04%)