



Easy Sweet and Sour Pork

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups bell pepper frozen (from 1-lb bag)
- ☐ 1 eggs beaten
- ☐ 0.1 teaspoon pepper
- ☐ 8 oz pineapple chunks drained canned
- ☐ 1 lb pork loin boneless cut into 1-inch cubes
- ☐ 0.5 teaspoon salt
- ☐ 11.5 oz soy sauce
- ☐ 0.5 cup vegetable oil

- ☐ 0.8 cup frangelico
- ☐ 0.8 cup frangelico

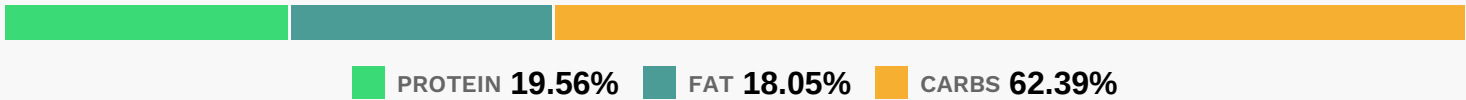
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ziploc bags

Directions

- ☐ In medium bowl, toss pork with egg. In 1-gallon resealable food-storage plastic bag, place Bisquick mix, salt and pepper; seal bag and shake to mix.
- ☐ Drain excess egg from pork.
- ☐ Place pork cubes in plastic bag; seal bag and shake to coat.
- ☐ In 12-inch nonstick skillet, heat oil over medium heat.
- ☐ Place pork in single layer in skillet. Cook 6 to 8 minutes, turning occasionally, until brown and crispy on outside and no longer pink in center.
- ☐ Drain on paper towels. Cover to keep warm.
- ☐ Reserve 1 tablespoon oil in skillet; discard any remaining oil.
- ☐ Add bell pepper mix and pineapple; cook over medium-high heat 2 to 3 minutes, stirring frequently, until vegetables are crisp-tender. Stir in sweet-and-sour sauce and pork; heat to boiling.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:21.368260850077%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 588.32kcal (29.42%), Fat: 11.33g (17.43%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 88.11g (29.37%), Net Carbohydrates: 86.18g (31.34%), Sugar: 70.25g (78.05%), Cholesterol: 112.36mg (37.45%), Sodium: 1831.77mg (79.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.62g (55.25%), Vitamin C: 76.85mg (93.15%), Vitamin B6: 1.08mg (54.01%), Selenium: 35.07µg (50.11%), Vitamin B1: 0.59mg (39.66%), Vitamin A: 1837.54IU (36.75%), Vitamin B3: 7.23mg (36.16%), Phosphorus: 295.52mg (29.55%), Vitamin B2: 0.32mg (18.93%), Potassium: 628.38mg (17.95%), Zinc: 2.38mg (15.87%), Vitamin K: 13.29µg (12.66%), Vitamin B5: 1.19mg (11.91%), Magnesium: 46.13mg (11.53%), Vitamin B12: 0.68µg (11.27%), Vitamin E: 1.6mg (10.69%), Folate: 33.72µg (8.43%), Fiber: 1.93g (7.71%), Copper: 0.14mg (7.25%), Iron: 1.21mg (6.74%), Vitamin D: 0.67µg (4.49%), Manganese: 0.08mg (4.12%), Calcium: 25.27mg (2.53%)