



Easy Sweet and Sour Pork

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



685 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 baking mix original bisquick®

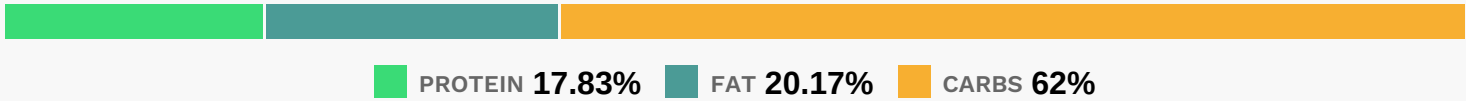
Equipment

- ☐ 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:24.254782697429%

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: 684.62kcal (34.23%), Fat: 14.8g (22.76%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 102.35g (34.12%), Net Carbohydrates: 99.95g (36.35%), Sugar: 72.87g (80.97%), Cholesterol: 112.81mg (37.6%), Sodium: 2118.87mg (92.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.42g (58.85%), Vitamin C: 76.92mg (93.23%), Vitamin B6: 1.1mg (54.86%), Selenium: 36.76µg (52.52%), Vitamin B1: 0.72mg (48.28%), Phosphorus: 427.15mg (42.71%), Vitamin B3: 8.25mg (41.27%), Vitamin A: 1838.44IU (36.77%), Vitamin B2: 0.42mg (24.72%), Potassium: 665.06mg (19%), Zinc: 2.52mg (16.77%), Folate: 61.84µg (15.46%), Vitamin K: 14.76µg (14.05%), Vitamin B5: 1.39mg (13.9%), Magnesium: 51.75mg (12.94%), Vitamin B12: 0.76µg (12.73%), Vitamin E: 1.63mg (10.89%), Iron: 1.84mg (10.2%), Fiber: 2.4g (9.6%), Copper: 0.18mg (8.98%), Manganese: 0.16mg (7.94%), Calcium: 65.54mg (6.55%), Vitamin D: 0.67µg (4.49%)