



Fast and Easy Stir Fry



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ginger root fresh minced
- ☐ 1 clove garlic minced
- ☐ 1 bell pepper green sliced
- ☐ 1 bunch green onions
- ☐ 0.3 cup mirin sweet (Japanese wine)
- ☐ 0.5 cup mushrooms sliced
- ☐ 4 center cut pork chops frozen thinly sliced (easier to slice if partially)
- ☐ 0.3 cup rice vinegar

- ☐ 1 tablespoon sesame oil
- ☐ 0.5 cup soya sauce gluten-free for (use wheat-free tamari)

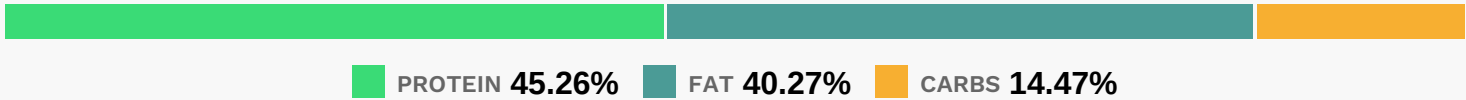
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ In a medium bowl, mix pork with mirin, rice vinegar, and soy sauce. Cover, and let marinate in refrigerator while you prepare the remaining ingredients.Slice mushrooms, green pepper, green part of green onions, and set aside. Mince white part of green onions, garlic, and ginger.
- ☐ Heat wok or large skillet over medium heat, then coat with sesame oil.
- ☐ Saute minced green onion, garlic, and ginger until fragrant. Increase heat to high. Squeeze marinade off pork, and place pork into wok. Reserve marinade. Cook and stir until pork is no longer pink, about 4 minutes. Stir in mushrooms, green pepper, and sliced green onion. Cook, stirring, until vegetables are tender, about 4 minutes. Stir in reserved marinade, and cook about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:0.59, Inflammation Score:-5, Nutrition Score:20.553478406823%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 293.62kcal (14.68%), Fat: 12.95g (19.92%), Saturated Fat: 3.81g (23.83%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 9.4g (3.42%), Sugar: 5.1g (5.67%), Cholesterol: 89.78mg (29.93%), Sodium: 1800.22mg (78.27%), Alcohol: 1.48g (100%), Alcohol %: 0.76% (100%), Protein: 32.74g (65.48%), Selenium: 45.94µg (65.62%),

Vitamin B1: 0.94mg (62.85%), Vitamin B3: 12.48mg (62.38%), Vitamin B6: 1.13mg (56.29%), Phosphorus: 361.41mg (36.14%), Vitamin C: 25.62mg (31.06%), Vitamin B2: 0.35mg (20.87%), Potassium: 678.67mg (19.39%), Zinc: 2.34mg (15.62%), Vitamin K: 15.11µg (14.39%), Magnesium: 52.79mg (13.2%), Vitamin B5: 1.3mg (13.05%), Vitamin B12: 0.71µg (11.92%), Manganese: 0.23mg (11.55%), Copper: 0.18mg (9.21%), Iron: 1.64mg (9.1%), Fiber: 1.06g (4.26%), Vitamin D: 0.56µg (3.73%), Folate: 14.29µg (3.57%), Vitamin A: 175.32IU (3.51%), Calcium: 25.43mg (2.54%), Vitamin E: 0.37mg (2.48%)