



Garlic-Pork Stir-Fry

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 medium baby bok choy
- 0.5 teaspoon chili-garlic paste
- 4 servings rice noodles hot cooked
- 1 tablespoon cornstarch
- 8 ounces cremini mushrooms sliced
- 1 tablespoon ginger fresh minced
- 6 garlic cloves sliced
- 0.3 cup hoisin sauce

- 12 ounces pork tenderloin cut into strips
- 1 bell pepper red thinly sliced
- 2 shallots halved sliced
- 0.3 cup soya sauce
- 0.5 cup vegetable broth
- 5 teaspoons vegetable oil divided

Equipment

- bowl
- frying pan
- wok

Directions

- Combine first 5 ingredients in a small bowl. Toss pork with 1/4 cup sauce mixture in a medium bowl, reserving remaining sauce mixture. Marinate 15 to 30 minutes.
- Meanwhile, trim root end of bok choy. Slice white stems; tear or cut large leaves in half.
- Heat wok over high heat until a few drops of water evaporate immediately. Swirl 2 teaspoons oil in pan to coat. (If using a nonstick skillet, heat oil over medium-high heat.)
- Add pork; stir-fry 3 minutes or until browned.
- Transfer to a plate, and wipe wok clean.
- Heat remaining 3 teaspoons oil in wok over high heat (medium-high, if using a nonstick skillet).
- Add garlic, ginger, and shallots; stir-fry 30 seconds or until fragrant. Stir in bok choy stems, bell pepper, and mushrooms, and cook 5 minutes or until tender.
- Stir in reserved sauce mixture. Bring to a boil, reduce heat, and simmer 1 minute or until thickened. Stir in bok choy leaves and pork, and cook until heated through.
- Serve with hot cooked noodles.

Nutrition Facts



■ PROTEIN 26.45% ■ FAT 24.42% ■ CARBS 49.13%

Properties

Glycemic Index:61.88, Glycemic Load:11.93, Inflammation Score:-10, Nutrition Score:30.074347827746%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 361.9kcal (18.1%), Fat: 9.79g (15.06%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 44.31g (14.77%), Net Carbohydrates: 40.33g (14.67%), Sugar: 10.89g (12.1%), Cholesterol: 55.97mg (18.66%), Sodium: 1421.55mg (61.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.71%), Vitamin C: 79mg (95.75%), Vitamin A: 4769.45IU (95.39%), Selenium: 45.84µg (65.49%), Vitamin B1: 0.95mg (63.2%), Vitamin B6: 0.96mg (47.87%), Vitamin B3: 9.04mg (45.22%), Vitamin B2: 0.67mg (39.63%), Phosphorus: 343.2mg (34.32%), Manganese: 0.48mg (24.02%), Copper: 0.48mg (23.84%), Potassium: 782.06mg (22.34%), Zinc: 2.75mg (18.36%), Vitamin B5: 1.81mg (18.06%), Fiber: 3.98g (15.92%), Iron: 2.74mg (15.24%), Calcium: 138.47mg (13.85%), Magnesium: 50.2mg (12.55%), Vitamin K: 12.11µg (11.53%), Folate: 42.89µg (10.72%), Vitamin B12: 0.5µg (8.32%), Vitamin E: 1.2mg (8.01%), Vitamin D: 0.31µg (2.08%)