



Ginger Pork in Orange Sauce

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



508 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 lb pork loin boneless lean cut into 1/2-inch cubes
- ☐ 0.8 cup orange juice
- ☐ 1 tablespoon brown sugar packed
- ☐ 0.5 teaspoon orange zest grated
- ☐ 4 oz mushrooms fresh sliced

- ☐ 0.8 cup couscous uncooked
- ☐ 1 medium cranberry–orange relish peeled

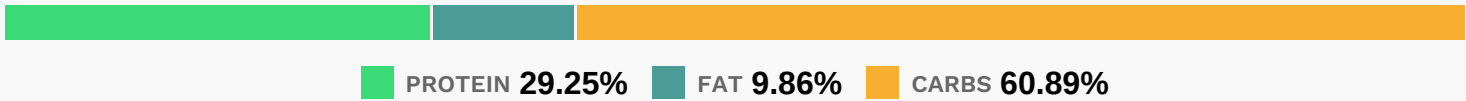
Equipment

- ☐ frying pan

Directions

- ☐ In plastic food-storage bag, mix ginger, garlic powder and pepper.
- ☐ Add pork to bag; shake bag to coat pork with seasonings.
- ☐ Heat 10-inch nonstick skillet over medium-high heat. Cook pork in skillet 2 to 3 minutes, stirring frequently, until brown. Stir in orange juice, brown sugar, orange peel and mushrooms. Reduce heat to low. Cover and cook about 15 minutes or until pork is tender.
- ☐ Meanwhile, cook couscous as directed on package. Stir orange sections into pork mixture.
- ☐ Serve over couscous.

Nutrition Facts



Properties

Glycemic Index:114.25, Glycemic Load:38.56, Inflammation Score:-7, Nutrition Score:28.302173935849%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 28.96mg, Hesperetin: 28.96mg, Hesperetin: 28.96mg, Hesperetin: 28.96mg Naringenin: 12.02mg, Naringenin: 12.02mg, Naringenin: 12.02mg, Naringenin: 12.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 508.47kcal (25.42%), Fat: 5.53g (8.51%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 76.91g (25.64%), Net Carbohydrates: 71.02g (25.83%), Sugar: 20.93g (23.26%), Cholesterol: 71.44mg (23.81%), Sodium: 68.28mg (2.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.94g (73.88%), Vitamin C: 83.23mg (100.89%), Vitamin B3: 11.5mg (57.49%), Vitamin B6: 1.09mg (54.29%), Selenium: 37.93µg (54.19%), Vitamin B1: 0.8mg (53.29%), Manganese: 0.95mg (47.3%), Phosphorus: 444.7mg (44.47%), Vitamin B2: 0.55mg (32.26%), Potassium:

1051.17mg (30.03%), Vitamin B5: 2.86mg (28.65%), Copper: 0.49mg (24.61%), Fiber: 5.89g (23.57%), Magnesium: 83.71mg (20.93%), Zinc: 3.03mg (20.21%), Folate: 70.9µg (17.72%), Iron: 2.16mg (12%), Vitamin B12: 0.6µg (10.02%), Calcium: 68mg (6.8%), Vitamin A: 337.14IU (6.74%), Vitamin D: 0.57µg (3.78%), Vitamin E: 0.32mg (2.11%)