



Hoisin Pork with Green Beans

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

SAUCE

Ingredients

- 1 pinch cayenne pepper
- 4 servings rice hot cooked
- 1 teaspoon cornstarch
- 1 teaspoon sesame oil dark
- 8 ounces extra-firm tofu cut into 1-inch cubes
- 0.5 teaspoon ginger fresh grated peeled
- 5 ounces green beans trimmed halved
- 0.5 pound ground pork

- 3 tablespoons hoisin sauce
- 0.3 teaspoon salt
- 0.3 cup scallions chopped
- 0.5 cup scallions chopped
- 1 teaspoon vegetable oil
- 0.3 cup water

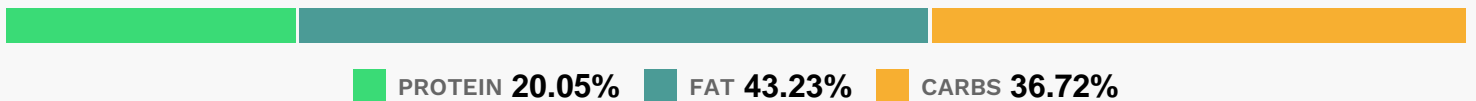
Equipment

- frying pan

Directions

- Cook green beans in boiling water 5 minutes, and drain. Blend 1/4 cup water, hoisin, cornstarch, and cayenne pepper.
- Heat vegetable oil in a large nonstick skillet over medium-high heat.
- Add 1/2 cup scallions and ginger; saut 30 seconds. Brown pork.
- Add tofu, and saut 1 minute.
- Add hoisin mixture and beans, and cook for 30 seconds. Stir in 1/4 cup scallions, sesame oil, and salt.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:70.25, Glycemic Load:25.03, Inflammation Score:-5, Nutrition Score:13.87478270738%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 363.8kcal (18.19%), Fat: 17.38g (26.74%), Saturated Fat: 5.21g (32.58%), Carbohydrates: 33.21g (11.07%), Net Carbohydrates: 30.65g (11.14%), Sugar: 5.08g (5.65%), Cholesterol: 41.18mg (13.73%), Sodium: 380.5mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.28%), Vitamin K: 56.34µg (53.65%), Vitamin B1: 0.47mg (31.39%), Selenium: 20.43µg (29.19%), Manganese: 0.52mg (25.86%), Vitamin B6: 0.36mg (18.02%), Vitamin B3: 3.28mg (16.39%), Phosphorus: 158.38mg (15.84%), Vitamin B2: 0.22mg (13.04%), Zinc: 1.83mg (12.23%), Calcium: 117.78mg (11.78%), Iron: 2.11mg (11.71%), Fiber: 2.57g (10.26%), Vitamin C: 8.32mg (10.09%), Potassium: 332.76mg (9.51%), Magnesium: 36.05mg (9.01%), Vitamin A: 446.54IU (8.93%), Folate: 31.71µg (7.93%), Vitamin B5: 0.79mg (7.89%), Copper: 0.14mg (6.94%), Vitamin B12: 0.4µg (6.61%), Vitamin E: 0.43mg (2.85%)