



HEALTH SCORE

100%

Hot-and-Sour Pork



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 cups broccoli florets



1 cup water chestnuts canned drained sliced



4 servings rice cooked



1 recipe hot-and-sour sauce



2.5 tablespoons olive oil



0.5 cup peanuts



1 pound center-cut pork loin thinly sliced



0.3 cup water

☐ 2 bell peppers red yellow seeded thinly sliced

Equipment

☐ frying pan

☐ wok

Directions

- ☐ Heat a wok or large skillet over high heat.
- ☐ Add 2 tablespoons of the oil and heat for 30 seconds.
- ☐ Add the pork and stir-fry until no trace of pink remains, 3 to 4 minutes.
- ☐ Transfer to a plate. Wipe out the pan. Reduce heat to medium-high, add the remaining oil, and heat for 30 seconds.
- ☐ Add the peppers and cook, stirring constantly, for 1 minute.
- ☐ Add the broccoli and water. Cover partially and cook, stirring occasionally, until almost tender, about 3 minutes.
- ☐ Add the Hot-and-Sour Sauce and increase heat to high. When it starts to bubble, add the water chestnuts and pork. Stir-fry until warmed through, about 1 minute.
- ☐ Add the nuts and toss again.
- ☐ Serve immediately over the rice. Tip: You can use chicken or shrimp instead of the pork. Or try bok choy instead of broccoli.

Nutrition Facts



Properties

Glycemic Index:38.81, Glycemic Load:24.67, Inflammation Score:-8, Nutrition Score:31.072608698969%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 509.39kcal (25.47%), Fat: 22.97g (35.34%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 42.78g (14.26%), Net Carbohydrates: 36.8g (13.38%), Sugar: 2.99g (3.32%), Cholesterol: 71.44mg (23.81%), Sodium: 90.88mg (3.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.95g (69.89%), Vitamin C: 151.09mg (183.13%), Vitamin B6: 1.31mg (65.66%), Selenium: 40.59µg (57.98%), Manganese: 1.12mg (55.94%), Vitamin B3: 10.88mg (54.38%), Vitamin K: 51.85µg (49.38%), Vitamin B1: 0.7mg (46.67%), Phosphorus: 421.21mg (42.12%), Potassium: 961.87mg (27.48%), Fiber: 5.97g (23.89%), Folate: 95.4µg (23.85%), Magnesium: 94.65mg (23.66%), Copper: 0.46mg (23.05%), Zinc: 3.44mg (22.92%), Vitamin B2: 0.34mg (19.81%), Vitamin B5: 1.96mg (19.62%), Iron: 2.91mg (16.16%), Vitamin E: 2.23mg (14.9%), Vitamin B12: 0.58µg (9.64%), Vitamin A: 402.87IU (8.06%), Calcium: 64.79mg (6.48%), Vitamin D: 0.45µg (3.02%)