



## Hot Peppered Pork

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

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**187 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound pork loin boneless lean
- 0.5 teaspoon pepper red crushed
- 2 teaspoons ginger fresh minced peeled
- 2 garlic cloves minced
- 1 tablespoon soya sauce low-sodium
- 0.3 cup low-salt beef broth
- 4 cups napa cabbage shredded chinese ( )
- 1 bell pepper red seeded sliced into thin strips

1 teaspoon vegetable oil

## Equipment

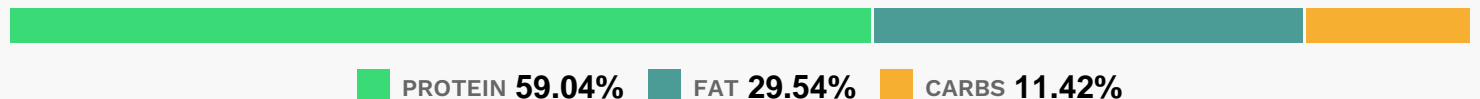
frying pan

ziploc bags

## Directions

- Partially freeze pork; trim fat. Slice pork into 1/4-inch-thick strips; cut strips into 2-inch pieces.
- Combine pork and soy sauce in a large heavy-duty zip-top plastic bag; seal bag, and turn to coat pork.
- Let stand 5 minutes.
- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add red bell pepper; cook 3 minutes or until crisp-tender, stirring often.
- Remove from pan, and set aside.
- Add oil to pan; place over medium-high heat until hot.
- Add ginger, crushed red pepper, and garlic; saut 30 seconds.
- Add pork to pan; cook 5 minutes or until pork is done, stirring often.
- Add red bell pepper and broth to pan; bring to a boil. Reduce heat, and simmer 2 to 3 minutes or until most of liquid evaporates.
- Top shredded cabbage with pork mixture.
- Serve immediately.
- carbo rating: 3

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:1.03, Inflammation Score:-8, Nutrition Score:21.26565230411%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## **Nutrients (% of daily need)**

Calories: 186.6kcal (9.33%), Fat: 6.07g (9.33%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 3.57g (1.3%), Sugar: 2.39g (2.66%), Cholesterol: 71.44mg (23.81%), Sodium: 267.88mg (11.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.28g (54.55%), Vitamin C: 59.12mg (71.66%), Vitamin B6: 1.15mg (57.62%), Selenium: 32.29µg (46.13%), Vitamin B1: 0.55mg (36.97%), Vitamin B3: 7.32mg (36.6%), Vitamin K: 36.42µg (34.69%), Phosphorus: 296.9mg (29.69%), Vitamin A: 1247.41IU (24.95%), Potassium: 704.98mg (20.14%), Folate: 76.01µg (19%), Vitamin B2: 0.29mg (17.2%), Zinc: 2.35mg (15.69%), Manganese: 0.24mg (11.79%), Magnesium: 47.17mg (11.79%), Vitamin B5: 1.05mg (10.48%), Vitamin B12: 0.59µg (9.81%), Calcium: 72.07mg (7.21%), Fiber: 1.7g (6.81%), Iron: 1.13mg (6.28%), Vitamin E: 0.92mg (6.11%), Copper: 0.11mg (5.47%), Vitamin D: 0.45µg (3.02%)