



Kimchi and Tenderloin Stir-Fry

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

READY IN

ready

38 min.

SERVINGS

servings

6

CALORIES

calories

236 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon agave syrup
- ☐ 2 cups brown rice raw prepared
- ☐ 1 tablespoon canola oil
- ☐ 0.5 teaspoon chili oil hot
- ☐ 1 teaspoon garlic chili sauce
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 garlic cloves chopped
- ☐ 2 teaspoons ginger diced peeled

- ☐ 0.3 cup green onions sliced
- ☐ 1 jar kimchi store-bought
- ☐ 0.3 cup mirin
- ☐ 1 pound pork tenderloin skinless cut in 4 by 1/2-inch strips
- ☐ 0.3 cup soya sauce
- ☐ 2 cups pkt spinach fresh washed trimmed

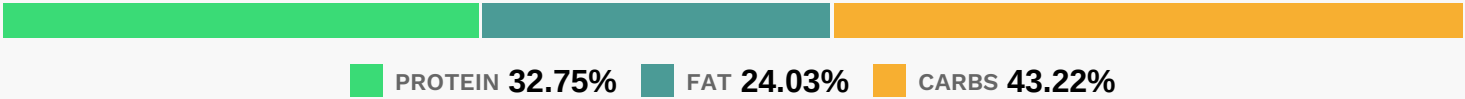
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the soy, mirin, garlic chili sauce, ginger, garlic and honey or agave in a non reactive dish or resealable bag.
- ☐ Add the pork and let sit at room temperature for 20 minutes or refrigerate up to 1 hour.
- ☐ While the pork is marinating, chop the vegetables and set aside. Strain the kimchi reserving the liquid.
- ☐ Drain the liquid from pork and reserve.
- ☐ Heat a wok or large heavy skillet over medium-high heat.
- ☐ Add the canola oil and when smoking, add the pork and cook until just crisp, about 3 to 5 minutes, being careful not to overload the wok or pan, or the meat will steam.
- ☐ Remove the pork to plate and keep warm.
- ☐ Add the onions, spinach and kimchi and 1/2 of each reserved liquids (the pork marinade and kimchi liquid).
- ☐ Add more if you like extra sauce. Cook until pork is still tender and spinach is just wilted, about 3 to 4 minutes more.
- ☐ Transfer the pork mixture to a serving dish.
- ☐ Garnish with cilantro and a drizzle of hot chili oil, if using.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:37.2, Glycemic Load:8.06, Inflammation Score:-8, Nutrition Score:22.806086965229%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 236.15kcal (11.81%), Fat: 6.34g (9.76%), Saturated Fat: 1.28g (8%), Carbohydrates: 25.67g (8.56%), Net Carbohydrates: 22.8g (8.29%), Sugar: 5.94g (6.6%), Cholesterol: 49.14mg (16.38%), Sodium: 1051.7mg (45.73%), Alcohol: 0.98g (100%), Alcohol %: 0.48% (100%), Protein: 19.45g (38.89%), Vitamin K: 95.31µg (90.77%), Vitamin B1: 0.84mg (55.99%), Vitamin B6: 0.9mg (45.08%), Manganese: 0.89mg (44.52%), Vitamin B3: 7.23mg (36.14%), Selenium: 23.71µg (33.87%), Vitamin B2: 0.47mg (27.48%), Phosphorus: 273.53mg (27.35%), Vitamin A: 1116.71IU (22.33%), Iron: 3.58mg (19.87%), Magnesium: 73.08mg (18.27%), Folate: 67.45µg (16.86%), Potassium: 564.89mg (16.14%), Zinc: 2.11mg (14.09%), Fiber: 2.87g (11.48%), Vitamin B5: 0.95mg (9.46%), Copper: 0.18mg (8.77%), Vitamin E: 1.01mg (6.71%), Vitamin B12: 0.39µg (6.55%), Vitamin C: 4.91mg (5.95%), Calcium: 53.5mg (5.35%), Vitamin D: 0.23µg (1.51%)