



Kung Pao Pork

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon bottled garlic minced
- 8 ounce carrots shredded
- 2 tablespoons sriracha
- 1 teaspoon cornstarch
- 0.3 cup dry-roasted peanuts chopped
- 1 tablespoon ginger fresh minced peeled
- 2 cups bell pepper green sliced ()
- 1.5 tablespoons green onions thinly sliced

- 1 tablespoon juice of lemon
- 2 teaspoons soya sauce low-sodium
- 8 ounce noodles plain chinese-style
- 0.8 pound pork tenderloin
- 1 teaspoon sake (rice wine)
- 1 tablespoon vegetable oil
- 0.3 cup water
- 1 teaspoon water

Equipment

- frying pan

Directions

- To prepare marinade, trim fat from the pork, and cut into 1/2-inch wide strips.
- Combine pork and the next 6 ingredients (pork through sake), and let mixture stand 5 minutes.
- Prepare noodles according to package directions, omitting salt; keep warm.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add the pork mixture, and stir-fry for 3 minutes or until pork loses its pink color.
- Add the sliced bell pepper and shredded carrot, and stir-fry 1 minute. Stir in 1/4 cup water, onions, chili garlic sauce, and juice, and cook 2 minutes.
- Serve over noodles, and sprinkle with peanuts.

Nutrition Facts



PROTEIN 25.7% **FAT 23.83%** **CARBS 50.47%**

Properties

Glycemic Index:43.96, Glycemic Load:19.46, Inflammation Score:-10, Nutrition Score:32.248695591222%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 3.57mg, Luteolin: 3.57mg, Luteolin: 3.57mg, Luteolin: 3.57mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 456.85kcal (22.84%), Fat: 12.05g (18.54%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 57.42g (19.14%), Net Carbohydrates: 51.39g (18.69%), Sugar: 7.69g (8.54%), Cholesterol: 55.28mg (18.43%), Sodium: 638.24mg (27.75%), Alcohol: 0.2g (100%), Alcohol %: 0.08% (100%), Protein: 29.24g (58.48%), Vitamin A: 9772.49IU (195.45%), Selenium: 62.95µg (89.93%), Vitamin C: 66.38mg (80.45%), Vitamin B1: 1.01mg (67.07%), Vitamin B6: 1.06mg (52.8%), Manganese: 1mg (50.02%), Vitamin B3: 8.95mg (44.73%), Phosphorus: 395.64mg (39.56%), Potassium: 884.8mg (25.28%), Fiber: 6.03g (24.12%), Vitamin B2: 0.4mg (23.25%), Vitamin K: 24.03µg (22.89%), Magnesium: 86.94mg (21.73%), Copper: 0.4mg (19.82%), Zinc: 2.89mg (19.25%), Vitamin B5: 1.35mg (13.52%), Iron: 2.34mg (13.01%), Folate: 43.52µg (10.88%), Vitamin E: 1.21mg (8.09%), Vitamin B12: 0.44µg (7.37%), Calcium: 62.51mg (6.25%), Vitamin D: 0.26µg (1.7%)