



Lemongrass and Honey Pork Stir-Fry



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 Tbs fish sauce
- ☐ 1 bulb garlic peeled
- ☐ 3 Tbs honey
- ☐ 1 juice of lime
- ☐ 1 stalk lemongrass coarsely chopped
- ☐ 0.5 lime cut into wedges
- ☐ 1 onion cut into wedges
- ☐ 300 g fatty pork thinly sliced (I used pork shoulder butt)

- ☐ 1 chili red coarsely chopped
- ☐ 0.3 tsp salt

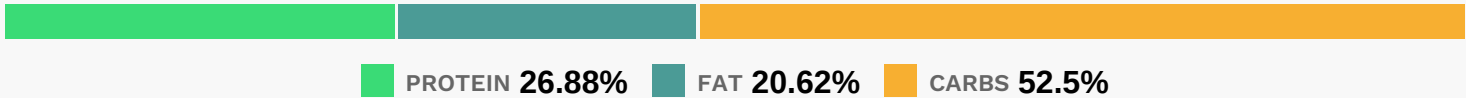
Equipment

- ☐ food processor

Directions

- ☐ Place all marinade ingredients in a food processor. Blend until a paste is formed.

Nutrition Facts



Properties

Glycemic Index:93.14, Glycemic Load:15.96, Inflammation Score:-6, Nutrition Score:18.036956294723%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 8.55mg, Hesperetin: 8.55mg, Hesperetin: 8.55mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg

Nutrients (% of daily need)

Calories: 283.77kcal (14.19%), Fat: 6.78g (10.43%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 38.82g (12.94%), Net Carbohydrates: 36.92g (13.43%), Sugar: 30.27g (33.63%), Cholesterol: 61.31mg (20.43%), Sodium: 1073.55mg (46.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.88g (39.75%), Vitamin B1: 0.87mg (57.87%), Vitamin C: 47.37mg (57.42%), Selenium: 28.8µg (41.14%), Vitamin B6: 0.64mg (32.01%), Manganese: 0.59mg (29.59%), Vitamin B3: 4.65mg (23.25%), Phosphorus: 227.33mg (22.73%), Zinc: 3.33mg (22.19%), Vitamin B2: 0.36mg (20.94%), Potassium: 602mg (17.2%), Vitamin B12: 0.81µg (13.53%), Iron: 2.42mg (13.45%), Magnesium: 53.36mg (13.34%), Copper: 0.19mg (9.73%), Vitamin B5: 0.96mg (9.65%), Folate: 33.93µg (8.48%), Fiber: 1.9g (7.58%), Calcium: 49.77mg (4.98%), Vitamin A: 238.33IU (4.77%), Vitamin K: 3.59µg (3.42%), Vitamin E: 0.24mg (1.58%)