



## Light Sweet and Sour Pork Strips



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound pork loin boneless lean
- ☐ 2 tablespoons brown sugar
- ☐ 2 cups rice long-grain cooked ( without salt or fat)
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 teaspoon garlic minced
- ☐ 1 medium size bell pepper green seeded cut into 1-inch pieces
- ☐ 0.3 cup green onions chopped
- ☐ 0.1 teaspoon ground pepper red

- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 20 ounce pineapple chunks in juice canned
- ☐ 0.3 cup rice wine vinegar
- ☐ 8 ounce no-salt-added tomato sauce canned

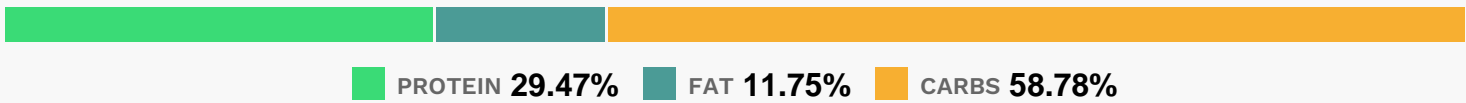
## Equipment

- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Partially freeze pork; trim fat from pork. Slice pork diagonally across grain into thin slices; slice into 1-inch-wide strips. Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add pork; cook 8 minutes or until browned, stirring frequently.
- ☐ Remove from skillet.
- ☐ Drain and pat dry. Wipe drippings from skillet with a paper towel.
- ☐ Combine pork, tomato sauce, and next 5 ingredients in skillet; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until pork is tender.
- ☐ Drain pineapple, reserving juice.
- ☐ Add enough water to juice to make 1 cup liquid. Set aside.
- ☐ Add pineapple, green pepper pieces, and green onions to skillet; cover and simmer 5 to 7 minutes or until vegetables are crisp-tender.
- ☐ Combine cornstarch and reserved pineapple juice mixture; stir into pork mixture. Cook, stirring constantly, until thickened. Spoon pork mixture over rice.
- ☐ Garnish with pepper triangles, if desired.

## Nutrition Facts



## Properties

Glycemic Index:77, Glycemic Load:25.09, Inflammation Score:-7, Nutrition Score:22.150000157564%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 401.8kcal (20.09%), Fat: 5.23g (8.05%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 58.94g (19.65%), Net Carbohydrates: 55.19g (20.07%), Sugar: 28.98g (32.2%), Cholesterol: 71.44mg (23.81%), Sodium: 420.83mg (18.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.55g (59.1%), Vitamin B6: 1.17mg (58.61%), Selenium: 38.59µg (55.13%), Vitamin C: 42.49mg (51.51%), Vitamin B1: 0.7mg (46.55%), Vitamin B3: 8.01mg (40.06%), Phosphorus: 328.63mg (32.86%), Manganese: 0.52mg (25.87%), Potassium: 884.46mg (25.27%), Magnesium: 75.64mg (18.91%), Zinc: 2.79mg (18.58%), Copper: 0.37mg (18.49%), Vitamin B2: 0.31mg (18.18%), Vitamin K: 17.77µg (16.93%), Fiber: 3.75g (15.01%), Vitamin B5: 1.38mg (13.79%), Iron: 2.01mg (11.18%), Vitamin A: 514.79IU (10.3%), Vitamin B12: 0.58µg (9.64%), Vitamin E: 1.2mg (7.98%), Calcium: 58.86mg (5.89%), Folate: 22.77µg (5.69%), Vitamin D: 0.45µg (3.02%)