



HEALTH SCORE

51%

Make-ahead Chinese pork



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 carrots peeled sliced
- ☐ 600 g pork fillet cut into bite-sized pieces
- ☐ 1 large pepper red seeded chopped
- ☐ 1 tbsp five-spice powder chinese
- ☐ 2 tbsp soya sauce
- ☐ 1 vegetable stock cube crumbled
- ☐ 1 bunch spring onion whole white green finely sliced
- ☐ 4 servings noodles to serve boiled

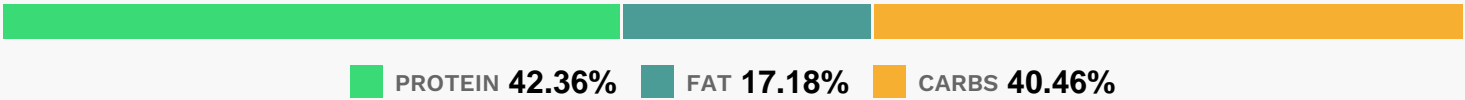
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Up to a day ahead, and when you have 15 minutes to spare, prepare the ingredients and toss them all, except for the sliced spring onion tops, together in a large pan. Cover the pan with its lid and refrigerate until youre ready to eat.
- ☐ Pour 600ml/1 pint of boiling water over the pork and vegetables and give everything a good stir. Cover the pan and bring to the boil. Stir and cover again and simmer gently for 10 minutes until the vegetables are tender and the pork is cooked. (The dish can now be chilled and then frozen for up to 1 month). Just before serving, stir in the spring onion tops. Ladle into bowls with rice or noodles.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:14.62, Inflammation Score:-10, Nutrition Score:35.275217636772%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 366.59kcal (18.33%), Fat: 6.9g (10.62%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 36.56g (12.19%), Net Carbohydrates: 31.96g (11.62%), Sugar: 5.45g (6.06%), Cholesterol: 97.5mg (32.5%), Sodium: 796.56mg (34.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.29g (76.58%), Vitamin A: 11542.63IU (230.85%), Vitamin B1: 1.57mg (104.46%), Selenium: 68.19µg (97.41%), Vitamin B6: 1.43mg (71.28%), Vitamin C: 57.57mg (69.79%), Vitamin B3: 11.7mg (58.48%), Phosphorus: 467.43mg (46.74%), Vitamin B2: 0.62mg (36.25%), Potassium: 969.47mg (27.7%), Manganese: 0.52mg (26.13%), Zinc: 3.64mg (24.28%), Vitamin K: 22.48µg (21.41%), Iron: 3.85mg (21.4%), Magnesium: 75.82mg (18.95%), Fiber: 4.6g (18.41%), Vitamin B5: 1.7mg (16.99%), Copper: 0.29mg (14.3%),

Vitamin B12: 0.78µg (13%), Folate: 42.03µg (10.51%), Vitamin E: 1.46mg (9.76%), Calcium: 55.38mg (5.54%), Vitamin D: 0.45µg (3%)