



Mango-Pork Fried Rice



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



292 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces water chestnuts drained sliced canned
- ☐ 3 cups rice cold cooked
- ☐ 0.5 teaspoon cornstarch
- ☐ 3 ounces mushrooms fresh sliced
- ☐ 1 garlic clove finely chopped
- ☐ 1 tablespoon ginger finely chopped
- ☐ 2 tablespoons spring onion sliced
- ☐ 2 teaspoons soy sauce reduced-sodium

- ☐ 1 pound mangos diced peeled
- ☐ 1 cup peas green frozen thawed
- ☐ 0.1 teaspoon pepper
- ☐ 0.8 cup pork diced cooked

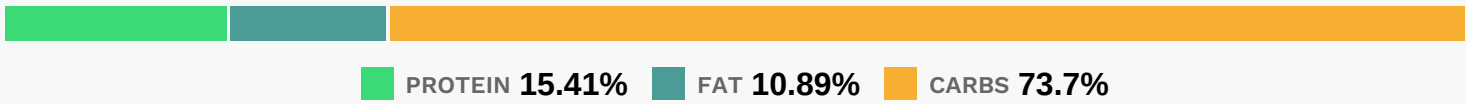
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Mix pork and cornstarch. Spray nonstick wok or 12-inch skillet with cooking spray; heat over medium-high heat until cooking spray starts to bubble.
- ☐ Add pork, mango, water chestnuts, mushrooms, gingerroot and garlic; stir-fry 1 minute.
- ☐ Remove pork mixture from wok.
- ☐ Spray wok or skillet with cooking spray; heat until cooking spray starts to bubble.
- ☐ Add rice; stir-fry about 1 minute or until rice is hot. Stir in soy sauce.
- ☐ Add pork mixture, peas, onions and pepper; stir-fry 1 minute.

Nutrition Facts



Properties

Glycemic Index:69.22, Glycemic Load:36.36, Inflammation Score:-8, Nutrition Score:16.70652185834%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 291.67kcal (14.58%), Fat: 3.59g (5.53%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 54.7g (18.23%), Net Carbohydrates: 49.15g (17.87%), Sugar: 16.29g (18.11%), Cholesterol: 18.23mg (6.07%), Sodium: 97.48mg (4.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.88%), Vitamin C: 46.72mg (56.63%), Manganese: 0.74mg (37.09%), Selenium: 17.96µg (25.65%), Vitamin A: 1229.1IU (24.58%), Vitamin B6: 0.45mg (22.7%), Fiber: 5.55g (22.22%), Copper: 0.38mg (18.79%), Vitamin B1: 0.27mg (18.26%), Folate: 71.29µg (17.82%), Vitamin B3: 3.37mg (16.87%), Phosphorus: 163.48mg (16.35%), Vitamin K: 16.2µg (15.43%), Vitamin B2: 0.25mg (14.92%), Zinc: 2.14mg (14.28%), Potassium: 486.51mg (13.9%), Vitamin B5: 1.08mg (10.81%), Magnesium: 41.93mg (10.48%), Iron: 1.85mg (10.3%), Vitamin E: 1.32mg (8.83%), Calcium: 37.45mg (3.74%), Vitamin B12: 0.18µg (3.02%), Vitamin D: 0.24µg (1.58%)