



## Meat Lite: Spicy Cashew Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 baby bok choy thinly sliced
- ☐ 1 large carrots diced
- ☐ 0.5 teaspoon pepper dried
- ☐ 3 garlic clove minced
- ☐ 0.5 pound ground pork
- ☐ 1 juice of lime
- ☐ 2 tablespoons miso white
- ☐ 1 tablespoon vegetable oil; peanut oil preferred

- ☐ 0.5 cup roasted cashews salted roughly chopped (roasted and or raw--whichever you prefer)
- ☐ 3 spring onion white green separated sliced
- ☐ 1.5 cups savory vegetable (chicken, pork, vegetable or mushroom)
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon tamarind paste

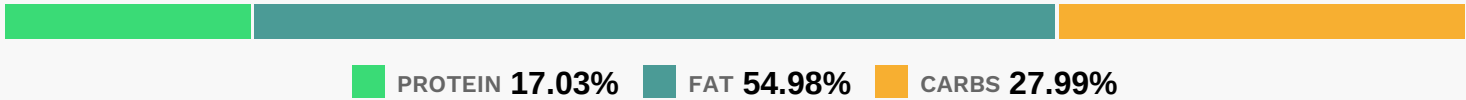
## Equipment

- ☐ frying pan
- ☐ whisk
- ☐ wooden spoon

## Directions

- ☐ Heat the oil in large sauté pan over medium-high heat.
- ☐ Add the pork and cook to brown the meat, about 5 minutes. While the pork browns, break it into small pieces with a wooden spoon.
- ☐ Add the sliced white parts of the scallions and the garlic, and sauté for about 30 seconds.
- ☐ Add the carrot and bok choy, and stir fry the vegetables and aromatics for about 1 minute.
- ☐ Whisk together the sugar, miso paste, tamarind concentrate, stock and lime juice.
- ☐ Pour over the vegetables and pork. Simmer for 10 to 15 minutes until the liquid thickens.
- ☐ Add the green parts of the scallions and the chopped cashews.
- ☐ Serve over cooked rice or rice noodles.

## Nutrition Facts



## Properties

Glycemic Index:87.48, Glycemic Load:8.45, Inflammation Score:-10, Nutrition Score:23.17478264933%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 387.19kcal (19.36%), Fat: 24.46g (37.64%), Saturated Fat: 6.8g (42.52%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 22.36g (8.13%), Sugar: 8.01g (8.9%), Cholesterol: 40.82mg (13.61%), Sodium: 565.21mg (24.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.11%), Vitamin A: 10424.56IU (208.49%), Vitamin C: 51.48mg (62.4%), Vitamin B1: 0.58mg (38.79%), Vitamin K: 29.92µg (28.5%), Copper: 0.54mg (26.77%), Phosphorus: 256.31mg (25.63%), Selenium: 17.34µg (24.77%), Manganese: 0.47mg (23.51%), Fiber: 5.66g (22.63%), Magnesium: 84.93mg (21.23%), Vitamin B6: 0.41mg (20.62%), Vitamin B3: 3.99mg (19.94%), Zinc: 2.86mg (19.05%), Iron: 3.39mg (18.81%), Vitamin B2: 0.28mg (16.21%), Potassium: 552.32mg (15.78%), Calcium: 152.13mg (15.21%), Folate: 46.69µg (11.67%), Vitamin B5: 0.81mg (8.14%), Vitamin B12: 0.4µg (6.73%), Vitamin E: 0.99mg (6.63%)