



## Mix & Match Stir-Fry

READY IN



22 min.

SERVINGS



4

CALORIES



894 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 cups rice white hot cooked
- 2 cloves garlic minced
- 2 green onions sliced
- 4 servings sauce
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 4 servings goat meat
- 1 Tbsp oil
- 1 and pepper green red yellow chopped
- 1 lb pork chops boneless skinless cut into strips

- 4 servings serve over
- 4 servings vegetables
- 1 Tbsp soya sauce

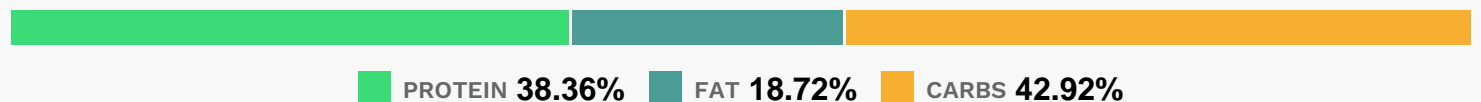
## Equipment

- frying pan
- wok

## Directions

- Mix sauce ingredients.
- Add 1 Tbsp. sauce to meat; toss to coat.
- Let stand 5 min.
- Heat oil in large nonstick skillet or wok on medium-high heat.
- Add meat mixture and vegetables; stir-fry 4 min. or until meat is done.
- Add remaining sauce; simmer 2 min. or until heated through.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:65.75, Glycemic Load:40.04, Inflammation Score:-10, Nutrition Score:38.750869574754%

## Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 894.1kcal (44.7%), Fat: 18.23g (28.04%), Saturated Fat: 3.3g (20.64%), Carbohydrates: 94.04g (31.35%), Net Carbohydrates: 87.64g (31.87%), Sugar: 4.11g (4.57%), Cholesterol: 217.21mg (72.4%), Sodium: 1428.14mg (62.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 84.05g (168.09%), Vitamin B3: 38.85mg (194.27%), Selenium: 118.45µg (169.21%), Vitamin B6: 2.78mg (139.05%), Vitamin A: 6289.41IU (125.79%), Phosphorus:

830.34mg (83.03%), Vitamin B5: 5.48mg (54.81%), Potassium: 1677.94mg (47.94%), Manganese: 0.93mg (46.29%), Magnesium: 128.84mg (32.21%), Vitamin B1: 0.45mg (30.27%), Vitamin B2: 0.51mg (30.23%), Fiber: 6.4g (25.6%), Vitamin K: 24.25µg (23.1%), Zinc: 3.03mg (20.21%), Vitamin C: 16.39mg (19.87%), Iron: 3.02mg (16.76%), Folate: 56.26µg (14.06%), Copper: 0.28mg (13.98%), Vitamin B12: 0.68µg (11.31%), Vitamin E: 1.66mg (11.09%), Calcium: 82.52mg (8.25%), Vitamin D: 0.34µg (2.26%)