



## Orange Pork with Scallions

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups baby cut carrots
- 2 teaspoons bottled garlic minced
- 1.5 teaspoons canola oil
- 1 teaspoon sriracha
- 2 tablespoons cornstarch divided
- 0.3 cup fat-free less-sodium chicken broth fat-free
- 0.3 cup green onions
- 2 teaspoons ground ginger fresh (such as Spice World)

- 2 tablespoons low sodium soy sauce low-sodium
- 0.3 cup orange juice
- 1 pound pork tenderloin
- 0.3 teaspoon salt
- 0.3 cup water

## Equipment

- bowl
- frying pan

## Directions

- Cut pork into 2 x 1/4-inch-wide strips.
- Combine pork and 1 tablespoon cornstarch in a bowl; toss well.
- Combine remaining 1 tablespoon cornstarch, broth, and next 4 ingredients (through salt).
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add pork to pan; saut 3 minutes or until desired degree of doneness; stir frequently.
- Remove pork from pan.
- Heat oil in pan.
- Add carrots, 1/4 cup water, ginger, and garlic to pan; cook 1 1/2 minutes, scraping pan to loosen browned bits. Return pork to pan. Stir in broth mixture; bring to a boil. Cook 30 seconds. Stir in 1/3 cup onions.
- Serve immediately.
- Garnish with sliced onions, if desired.

## Nutrition Facts



## Properties

Glycemic Index:28.5, Glycemic Load:1.18, Inflammation Score:0, Nutrition Score:24.626521659934%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

## Nutrients (% of daily need)

Calories: 210.46kcal (10.52%), Fat: 5.75g (8.84%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 11.01g (4.01%), Sugar: 4.89g (5.43%), Cholesterol: 73.71mg (24.57%), Sodium: 684.29mg (29.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.17g (50.35%), Vitamin A: 8942.47IU (178.85%), Vitamin B1: 1.16mg (77.42%), Selenium: 36.48µg (52.12%), Vitamin B6: 1mg (49.93%), Vitamin B3: 8.27mg (41.34%), Phosphorus: 320.58mg (32.06%), Manganese: 0.54mg (27.07%), Vitamin B2: 0.44mg (26.13%), Vitamin K: 24.4µg (23.24%), Potassium: 708.54mg (20.24%), Zinc: 2.41mg (16.04%), Vitamin C: 11.77mg (14.26%), Vitamin B5: 1.31mg (13.09%), Iron: 2.22mg (12.33%), Magnesium: 49.13mg (12.28%), Vitamin B12: 0.63µg (10.46%), Copper: 0.2mg (10.15%), Fiber: 2.44g (9.76%), Folate: 31.18µg (7.79%), Calcium: 44.42mg (4.44%), Vitamin E: 0.6mg (3.99%), Vitamin D: 0.34µg (2.27%)