



Pineapple-Picante Stir-Fried Pork and Cabbage

 Gluten Free  Dairy Free  Popular

READY IN



50 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cornstarch
- 2 tablespoons ginger root fresh minced peeled
- 2 pound cabbage green very thinly sliced cut in quarters and
- 1 cup picante sauce pace®
- 8 ounce pineapple chunks in juice drained canned
- 1 pound pork tenderloin cut into thin strips
- 1 tablespoon rice vinegar

2 tablespoons vegetable oil

0.3 cup water

Equipment

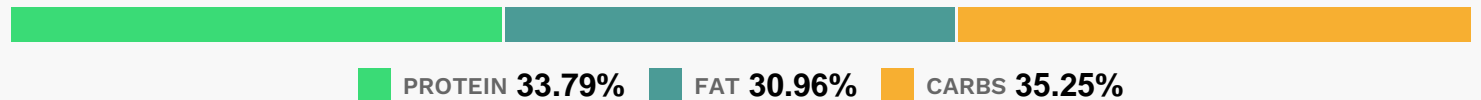
bowl

frying pan

Directions

- Stir the picante sauce, vinegar, ginger root, pineapple juice and cornstarch in a medium bowl.
- Heat 1 tablespoon oil in a 12-inch skillet over medium-high heat.
- Add the pork and stir-fry until well browned.
- Remove the pork from the skillet.
- Heat the remaining oil in the skillet.
- Add the cabbage and stir-fry until tender-crisp.
- Add the water and cook for 5 minutes, stirring occasionally.
- Remove the cabbage from the skillet and keep warm.
- Add the picante sauce mixture to the skillet. Cook and stir over medium heat until the mixture boils and thickens. Stir in the pineapple chunks. Return the pork to the skillet and cook until the mixture is hot and bubbling.
- Serve the pork mixture over the cabbage.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:3.38, Inflammation Score:-8, Nutrition Score:32.913043291672%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 316.9kcal (15.84%), Fat: 11.24g (17.3%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 21.14g (7.69%), Sugar: 17.88g (19.87%), Cholesterol: 73.71mg (24.57%), Sodium: 528.21mg (22.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.23%), Vitamin K: 188µg (179.05%), Vitamin C: 89.75mg (108.78%), Vitamin B1: 1.33mg (88.89%), Vitamin B6: 1.31mg (65.56%), Selenium: 35.95µg (51.36%), Vitamin B3: 8.94mg (44.71%), Phosphorus: 360.9mg (36.09%), Potassium: 1083.88mg (30.97%), Fiber: 7.66g (30.66%), Vitamin B2: 0.51mg (29.81%), Folate: 103.34µg (25.84%), Manganese: 0.46mg (23.17%), Magnesium: 77.84mg (19.46%), Zinc: 2.73mg (18.2%), Vitamin B5: 1.57mg (15.68%), Iron: 2.63mg (14.61%), Vitamin E: 1.96mg (13.06%), Copper: 0.26mg (12.92%), Calcium: 126.08mg (12.61%), Vitamin A: 564.88IU (11.3%), Vitamin B12: 0.59µg (9.83%), Vitamin D: 0.34µg (2.27%)