



WHATSheATE



HEALTH SCORE

56%

Pork and Black Bean Sauce



Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



185 kcal

SAUCE

Ingredients

- ☐ 0.8 pound pork loin boneless
- ☐ 0.3 cup sauce
- ☐ 2 tablespoons black bean garlic sauce
- ☐ 1 cup peas green frozen
- ☐ 1 medium zucchini cut into 1/4-inch slices (2 cups)
- ☐ 1 medium bell pepper red cut into 1-inch pieces

Equipment

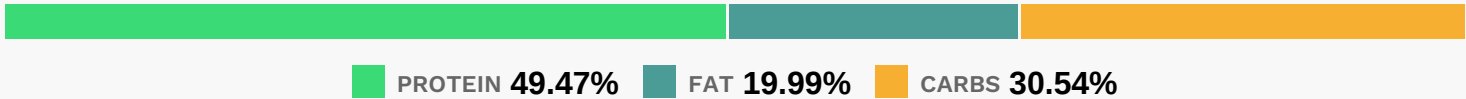
- ☐ frying pan

☐ wok

Directions

- ☐ Remove fat from pork.
- ☐ Cut pork into 2x1x1/8-inch strips.
- ☐ Mix stir-fry sauce and bean sauce.
- ☐ Spray wok or 12-inch skillet with cooking spray; heat over high heat.
- ☐ Add pork; stir-fry about 3 minutes or until no longer pink in center.
- ☐ Add peas, zucchini and bell pepper; stir-fry 2 minutes.
- ☐ Stir in sauce mixture; cook and stir 1 minute.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:1.93, Inflammation Score:-8, Nutrition Score:18.33956532893%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 185.24kcal (9.26%), Fat: 4.07g (6.26%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 13.99g (4.66%), Net Carbohydrates: 10.39g (3.78%), Sugar: 8.79g (9.77%), Cholesterol: 53.58mg (17.86%), Sodium: 226.26mg (9.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.66g (45.32%), Vitamin C: 61.35mg (74.36%), Vitamin B6: 0.87mg (43.49%), Selenium: 24.34µg (34.77%), Vitamin B1: 0.51mg (34.09%), Vitamin B3: 6.16mg (30.78%), Vitamin A: 1306.78IU (26.14%), Phosphorus: 256.86mg (25.69%), Potassium: 597.19mg (17.06%), Vitamin B2: 0.28mg (16.37%), Zinc: 2.21mg (14.74%), Fiber: 3.6g (14.41%), Manganese: 0.27mg (13.73%), Folate: 49.01µg (12.25%), Vitamin K: 12.55µg (11.96%), Magnesium: 46.47mg (11.62%), Vitamin B5: 0.87mg (8.66%), Iron: 1.45mg (8.08%), Vitamin B12: 0.43µg (7.23%), Copper: 0.14mg (7.21%), Vitamin E: 0.69mg (4.58%), Calcium: 23.24mg (2.32%), Vitamin D: 0.34µg (2.27%)