



Pork-and-Green Bean Stir-Fry

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings rice noodles hot cooked thin
- ☐ 2 garlic cloves thinly sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.5 pounds ground pork
- ☐ 8 oz haricots verts thin (green beans)
- ☐ 1 halves garnishes: jalapeño pepper red thinly sliced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon lime zest loosely packed

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup regular teriyaki sauce
- ☐ 1 tablespoon vegetable oil

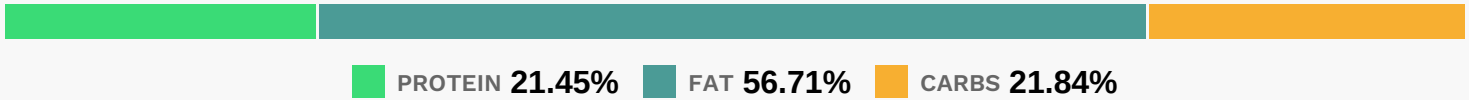
Equipment

- ☐ frying pan

Directions

- ☐ Brown ground pork and next 3 ingredients in a large stainless steel skillet over medium-high heat, stirring often, 7 to 8 minutes or until meat crumbles and is no longer pink; drain. Wipe skillet clean.
- ☐ Cook green beans in hot oil in skillet over medium-high heat, stirring occasionally, 4 to 5 minutes or until just tender and slightly charred.
- ☐ Stir together teriyaki sauce and next 2 ingredients.
- ☐ Stir pork mixture into green beans. Stir in teriyaki mixture, tossing to coat.
- ☐ Serve immediately over rice or noodles.
- ☐ Note: We tested with Kikkoman Triple Ginger Takumi Collection Teriyaki Sauce.

Nutrition Facts



Properties

Glycemic Index:55.63, Glycemic Load:11.53, Inflammation Score:-6, Nutrition Score:23.297391653061%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 639.42kcal (31.97%), Fat: 39.78g (61.2%), Saturated Fat: 13.96g (87.24%), Carbohydrates: 34.47g (11.49%), Net Carbohydrates: 31.94g (11.61%), Sugar: 9.57g (10.63%), Cholesterol: 122.47mg (40.82%), Sodium: 2474.07mg (107.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.86g (67.71%), Vitamin B1: 1.33mg (88.51%), Selenium: 46.83µg (66.91%), Vitamin B3: 8.57mg (42.86%), Phosphorus: 422.67mg (42.27%), Vitamin B6: 0.81mg (40.74%), Vitamin B2: 0.5mg (29.62%), Vitamin K: 30.83µg (29.36%), Zinc: 4.17mg (27.8%), Potassium: 746.57mg (21.33%), Magnesium: 82.91mg (20.73%), Vitamin B12: 1.19µg (19.84%), Iron: 3.16mg (17.57%), Vitamin B5: 1.4mg (13.96%), Manganese: 0.27mg (13.28%), Vitamin C: 10.17mg (12.32%), Copper: 0.21mg (10.42%), Fiber: 2.53g (10.12%), Vitamin A: 459.97IU (9.2%), Folate: 34.73µg (8.68%), Calcium: 65.41mg (6.54%), Vitamin E: 0.57mg (3.78%)