



Pork and Mango Stir-Fry

 Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons canola oil
- 2 teaspoons cornstarch
- 0.5 cup flour all-purpose
- 3 tablespoons ginger fresh minced peeled
- 0.3 cup mint leaves fresh chopped
- 5 garlic clove minced
- 0.3 cup soy sauce
- 2 cups mangos ripe sliced ()

- 7 cups napa cabbage shredded chinese ()
- 2 tablespoons orange juice fresh
- 0.5 teaspoon orange zest grated
- 16 ounce pork loin chops

Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- meat tenderizer

Directions

- Place pork between 2 sheets of plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- Cut pork into 1/4-inch strips.
- Place strips in a bowl; sprinkle with flour, tossing to coat.
- Combine soy sauce and next 5 ingredients (through garlic), stirring with a whisk until cornstarch dissolves.
- Heat a large nonstick skillet over medium-high heat.
- Add oil; swirl to coat.
- Add pork; stir-fry 3 minutes or until browned.
- Add soy sauce mixture to pan. Cook, stirring constantly, 1 minute or until sauce thickens.
- Add cabbage; cook 30 seconds.
- Remove from heat. Stir in mango.
- Serve immediately.
- Garnish with mint and, if desired, grated orange rind.

Nutrition Facts



■ PROTEIN 30.38% ■ FAT 35.57% ■ CARBS 34.05%

Properties

Glycemic Index:42.63, Glycemic Load:10.76, Inflammation Score:-8, Nutrition Score:21.240434688071%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 262.68kcal (13.13%), Fat: 10.5g (16.16%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 20.02g (7.28%), Sugar: 9.43g (10.47%), Cholesterol: 50.65mg (16.88%), Sodium: 429.11mg (18.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.36%), Vitamin C: 48.57mg (58.87%), Vitamin B6: 0.88mg (44.16%), Vitamin B1: 0.65mg (43.59%), Selenium: 29.88µg (42.68%), Vitamin K: 43.76µg (41.67%), Vitamin B3: 7.6mg (37.99%), Folate: 121.78µg (30.45%), Phosphorus: 240.62mg (24.06%), Manganese: 0.4mg (19.88%), Potassium: 680.88mg (19.45%), Vitamin A: 971.99IU (19.44%), Vitamin B2: 0.29mg (17.23%), Magnesium: 50.62mg (12.65%), Zinc: 1.65mg (10.98%), Vitamin E: 1.58mg (10.53%), Fiber: 2.61g (10.43%), Calcium: 94.91mg (9.49%), Copper: 0.18mg (9%), Vitamin B5: 0.87mg (8.71%), Iron: 1.54mg (8.57%), Vitamin B12: 0.4µg (6.68%), Vitamin D: 0.3µg (2.02%)