



Pork and Mushroom Coriander Stir Fry

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

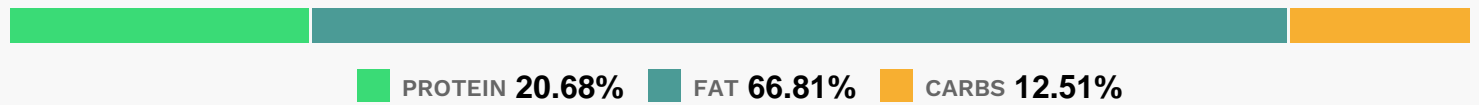
Ingredients

- 0.5 tablespoon brown sugar
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- 1 teaspoon chili paste depending on your taste pref
- 1 tablespoon cilantro leaves finely chopped
- 1.5 tablespoons fish sauce
- 1 teaspoon ginger grated
- 1 tablespoon juice of lime fresh
- 1 cup mushrooms sliced

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- 1 medium onion cut into wedges
- 500 g fatty pork lean
- 1 cup mushroom caps sliced
- 200 g snow peas trimmed sliced
- 3 tablespoons vegetable oil

Equipment

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:1.7, Inflammation Score:-7, Nutrition Score:25.209130434783%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 497.11kcal (24.86%), Fat: 37.27g (57.33%), Saturated Fat: 11.45g (71.56%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 12.01g (4.37%), Sugar: 8.8g (9.78%), Cholesterol: 90mg (30%), Sodium: 611.74mg (26.6%), Protein: 25.95g (51.91%), Vitamin B1: 1.05mg (70.2%), Selenium: 39.59µg (56.56%), Vitamin B3: 9.87mg (49.34%), Vitamin C: 35.33mg (42.82%), Vitamin B6: 0.84mg (41.98%), Vitamin B2: 0.66mg (38.96%), Phosphorus: 359.77mg (35.98%), Vitamin K: 31.72µg (30.21%), Vitamin B5: 2.83mg (28.28%), Zinc: 3.78mg (25.23%), Potassium: 858.34mg (24.52%), Copper: 0.35mg (17.41%), Manganese: 0.34mg (17.12%), Magnesium: 66.89mg (16.72%), Vitamin B12: 0.93µg (15.44%), Iron: 2.76mg (15.35%), Fiber: 3.69g (14.78%), Folate: 52.07µg (13.02%), Vitamin A: 564.72IU (11.29%), Vitamin E: 1.05mg (7.03%), Calcium: 54.21mg (5.42%), Vitamin D: 0.32µg (2.15%)