



Pork and Peanut Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 0.3 cup roasted peanuts chopped
- ☐ 2 inch ginger fresh grated peeled
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 16 oz pork chops boneless cut into thin strips
- ☐ 1 tablespoon rice vinegar
- ☐ 5 spring onion white green separated chopped
- ☐ 1 tablespoon soya sauce

☐ 2 teaspoons vegetable oil

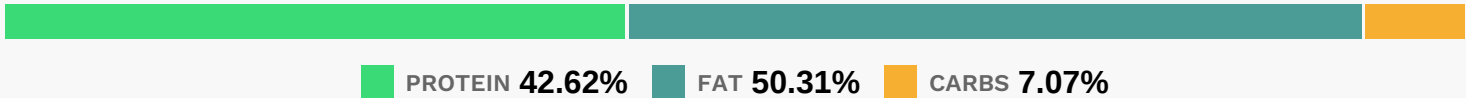
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ tongs

Directions

- ☐ In a small bowl, mix broth, soy sauce, vinegar and cornstarch together. Set aside.
- ☐ Warm oil in a wok or large skillet over medium-high heat.
- ☐ Add ginger and white part of scallions. Cook, stirring constantly, until scallions are just softened, about 1 minute.
- ☐ Add pork and cook, tossing with tongs, until firm and no longer pink, 5 minutes.
- ☐ Stir in sauce and 1/4 cup peanuts. Cook, stirring constantly, until sauce is thickened and pork is heated through, 2 minutes. If sauce is too thick, add broth, 1 Tbsp. at a time, until it reaches desired consistency. Top with green part of scallions and 1 Tbsp. peanuts.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:17.50130432585%

Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 265.68kcal (13.28%), Fat: 14.74g (22.68%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 3.34g (1.21%), Sugar: 0.51g (0.56%), Cholesterol: 75.98mg (25.33%), Sodium: 352.76mg (15.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.2%), Selenium: 38.42µg (54.88%), Vitamin B3: 10.91mg (54.53%), Vitamin B1: 0.8mg (53.14%), Vitamin B6: 0.87mg (43.59%), Vitamin K: 35.19µg (33.52%),

Phosphorus: 308.9mg (30.89%), Potassium: 572.04mg (16.34%), Vitamin B2: 0.24mg (14.24%), Manganese: 0.28mg (14%), Zinc: 2.05mg (13.64%), Magnesium: 51.34mg (12.83%), Vitamin B12: 0.62µg (10.26%), Vitamin B5: 0.99mg (9.87%), Copper: 0.16mg (7.93%), Iron: 1.16mg (6.46%), Folate: 22.29µg (5.57%), Fiber: 1.32g (5.27%), Vitamin C: 2.99mg (3.63%), Vitamin A: 154.09IU (3.08%), Vitamin D: 0.45µg (3.02%), Calcium: 30.17mg (3.02%), Vitamin E: 0.42mg (2.82%)