

Pork and Plantains



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon brown sugar dark
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 0.8 cup green onions sliced
- ☐ 1.5 pounds pork tenderloin trimmed
- ☐ 0.5 cup soya sauce low-sodium
- ☐ 2 tablespoons vegetable oil; peanut oil preferred

- ☐ 1 teaspoon pink peppercorns crushed
- ☐ 3 plantains 1-inch-thick sliced into pieces (3 cups) quartered
- ☐ 0.3 cup rum white
- ☐ 1 serrano chile thinly sliced
- ☐ 2 tablespoons water

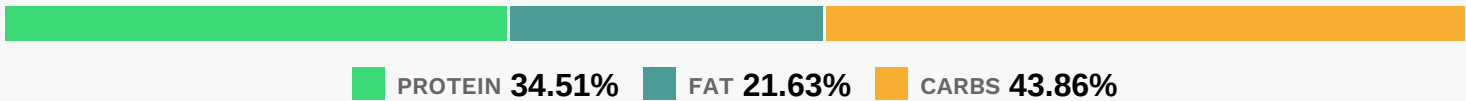
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Cut pork into 2 x 1/4-inch-wide strips.
- ☐ Heat oil in a large nonstick skillet or wok over medium-high heat.
- ☐ Add onions, ginger, peppercorns, and chile; stir-fry 30 seconds.
- ☐ Add pork; stir-fry 1 minute.
- ☐ Add plantains; stir-fry 30 seconds. Stir in broth, soy sauce, rum, and sugar; bring to a boil. Cover, reduce heat, and simmer 15 minutes, or until plantains soften.
- ☐ Combine water and cornstarch, stirring well with a whisk.
- ☐ Add cornstarch mixture to pork mixture, stirring well; bring to a boil. Cook 1 minute or until thick, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:24.505652064862%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin:

1.49mg

Nutrients (% of daily need)

Calories: 331.48kcal (16.57%), Fat: 7.64g (11.75%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 34.84g (11.61%), Net Carbohydrates: 32.56g (11.84%), Sugar: 18.14g (20.15%), Cholesterol: 73.71mg (24.57%), Sodium: 987mg (42.91%), Alcohol: 3.34g (100%), Alcohol %: 1.4% (100%), Protein: 27.42g (54.84%), Vitamin B1: 1.21mg (80.52%), Vitamin B6: 1.16mg (57.82%), Selenium: 37.4µg (53.43%), Vitamin K: 53µg (50.48%), Vitamin B3: 8.74mg (43.72%), Phosphorus: 355.8mg (35.58%), Vitamin B2: 0.53mg (31.07%), Potassium: 1034.35mg (29.55%), Vitamin C: 19.38mg (23.5%), Vitamin A: 1149.36IU (22.99%), Magnesium: 83.13mg (20.78%), Manganese: 0.36mg (18.23%), Zinc: 2.56mg (17.09%), Vitamin B5: 1.37mg (13.7%), Iron: 2.25mg (12.49%), Vitamin B12: 0.65µg (10.9%), Copper: 0.22mg (10.85%), Folate: 38.05µg (9.51%), Fiber: 2.28g (9.11%), Vitamin E: 1.16mg (7.72%), Calcium: 30.81mg (3.08%), Vitamin D: 0.23µg (1.51%)