



Pork and Squash Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 5 cups butternut squash cubed peeled () (2 pounds)
- ☐ 3 inch cinnamon sticks
- ☐ 1 teaspoon cornstarch
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 cup green onions chopped
- ☐ 1.3 pounds pork tenderloin trimmed cut into 2-inch strips
- ☐ 3 tablespoons soya sauce low-sodium

- ☐ 2 tablespoons coarsely orange rind grated
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar

Equipment

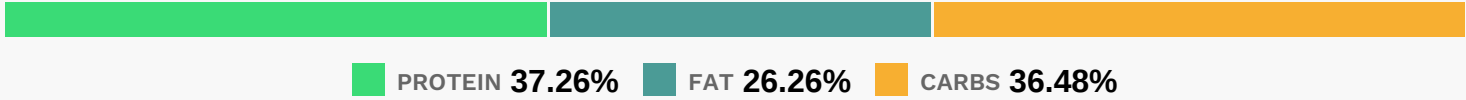
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place squash in a large microwave–safe bowl.
- ☐ Add water to a depth of 1 inch. Cover with plastic wrap; vent. Microwave at HIGH 8 minutes or until tender.
- ☐ Drain and set aside.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add orange rind, ginger, and cinnamon stick pieces; cook 1 minute, stirring constantly.
- ☐ Remove and discard cinnamon stick pieces.
- ☐ Increase heat to medium–high.
- ☐ Add pork to pan, and saut 4 minutes or until browned.
- ☐ Combine sugar and next 5 ingredients, stirring with a whisk.
- ☐ Add sugar mixture to pan; cook 2 minutes or until sauce is slightly thickened, stirring constantly.
- ☐ Add squash; tossing to coat. Stir in green onions.
- ☐ for your toddler: Reserve 3 or 4 cubes of squash following Step
- ☐ Saut 1 strip of pork in a separate pan until done.

- ☐
- Cut the squash into bite-sized pieces, and shred the pork.
- ☐
- Serve the pork and squash with rice.

Nutrition Facts



Properties

Glycemic Index:28.68, Glycemic Load:3.53, Inflammation Score:-10, Nutrition Score:26.068261053251%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 233.07kcal (11.65%), Fat: 6.92g (10.65%), Saturated Fat: 1.49g (9.28%), Carbohydrates: 21.63g (7.21%), Net Carbohydrates: 18.3g (6.66%), Sugar: 7.82g (8.68%), Cholesterol: 61.42mg (20.47%), Sodium: 444.27mg (19.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.09g (44.19%), Vitamin A: 12577.71IU (251.55%), Vitamin B1: 1.07mg (71.66%), Vitamin B6: 0.94mg (47.15%), Selenium: 29.91µg (42.72%), Vitamin B3: 7.93mg (39.64%), Vitamin C: 30.46mg (36.92%), Vitamin K: 35.97µg (34.26%), Phosphorus: 293.95mg (29.4%), Potassium: 881.15mg (25.18%), Vitamin B2: 0.38mg (22.48%), Manganese: 0.41mg (20.52%), Magnesium: 76.13mg (19.03%), Vitamin E: 2.76mg (18.43%), Zinc: 2.11mg (14.1%), Fiber: 3.33g (13.31%), Vitamin B5: 1.32mg (13.18%), Iron: 2.23mg (12.38%), Folate: 46.44µg (11.61%), Copper: 0.2mg (9.77%), Calcium: 85.39mg (8.54%), Vitamin B12: 0.48µg (8.03%), Vitamin D: 0.19µg (1.26%)