



Pork and Squash Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vinegar black chinese
- ☐ 2 pound butternut squash peeled cut into 1/2-inch cubes
- ☐ 3 inch cinnamon sticks
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 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

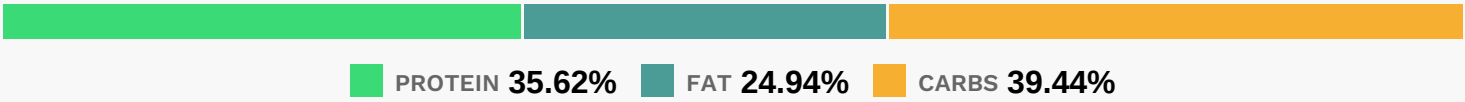
Equipment

- ☐ 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 rind, ginger, red pepper, 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 (through salt), stirring with a whisk.
- ☐ Add sugar mixture to pan; cook 2 minutes or until sauce is slightly thickened, stirring constantly.
- ☐ Add squash; toss to coat. Stir in green onions.

Nutrition Facts



Properties

Glycemic Index:28.68, Glycemic Load:3.08, Inflammation Score:-10, Nutrition Score:27.949130462564%

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: 245.35kcal (12.27%), Fat: 6.98g (10.74%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 24.84g (8.28%), Net Carbohydrates: 20.77g (7.55%), Sugar: 7.79g (8.66%), Cholesterol: 61.42mg (20.47%), Sodium: 447.27mg (19.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.43g (44.87%), Vitamin A: 16297.75IU (325.95%), Vitamin B1: 1.11mg (73.99%), Vitamin B6: 1mg (49.99%), Vitamin C: 37.71mg (45.71%), Selenium: 30.14µg (43.06%), Vitamin B3: 8.36mg (41.81%), Vitamin K: 36.53µg (34.79%), Phosphorus: 305.05mg (30.5%), Potassium: 1000.08mg (28.57%), Manganese: 0.48mg (23.94%), Vitamin B2: 0.39mg (22.98%), Vitamin E: 3.33mg (22.17%), Magnesium: 87.53mg (21.88%), Fiber: 4.08g (16.3%), Vitamin B5: 1.46mg (14.58%), Zinc: 2.17mg (14.46%), Folate: 55.81µg (13.95%), Iron: 2.46mg (13.68%), Copper: 0.22mg (11.04%), Calcium: 101.39mg (10.14%), Vitamin B12: 0.48µg (8.03%), Vitamin D: 0.19µg (1.26%)