



Pork and Stir-Fried Vegetables with Spicy Asian Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup pre bell pepper red
- ☐ 1 teaspoon pepper black
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 1 teaspoon canola oil
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.5 cup green onions chopped
- ☐ 1 teaspoon bottled ground ginger fresh (such as Spice World)

- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup hoisin sauce
- ☐ 0.3 cup catsup
- ☐ 1 pound pork tenderloin trimmed cut into 1/2-inch pieces
- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sesame seed toasted
- ☐ 1 cup pre zucchini

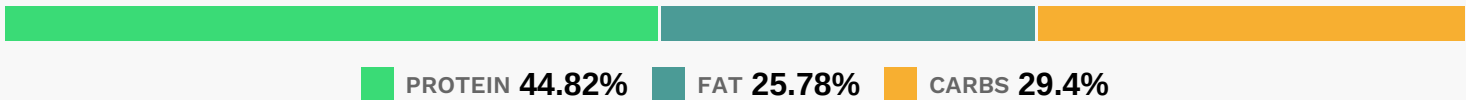
Equipment

- ☐ frying pan

Directions

- ☐ Heat canola oil in a large nonstick skillet over medium-high heat.
- ☐ Combine hoisin sauce and next 4 ingredients (through ground red pepper), stirring until blended; set side.
- ☐ Add pork to pan; sprinkle with black pepper and salt. Cook 3 minutes on each side or until done.
- ☐ Remove from pan.
- ☐ Add sesame oil to pan.
- ☐ Add zucchini, bell pepper, and ginger; stir-fry 4 minutes or until bell pepper is tender. Stir in onions and pork.
- ☐ Add hoisin mixture to pan; toss to coat.
- ☐ Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:0.9, Inflammation Score:-8, Nutrition Score:24.816087038621%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg 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: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 229.68kcal (11.48%), Fat: 6.6g (10.15%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 14.69g (5.34%), Sugar: 10.56g (11.73%), Cholesterol: 74.22mg (24.74%), Sodium: 671.32mg (29.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.8g (51.6%), Vitamin B1: 1.18mg (78.78%), Vitamin C: 56.51mg (68.5%), Vitamin B6: 1.1mg (55.09%), Selenium: 36.09µg (51.56%), Vitamin B3: 8.67mg (43.33%), Phosphorus: 324.6mg (32.46%), Vitamin B2: 0.53mg (31.06%), Vitamin K: 31.44µg (29.94%), Vitamin A: 1459.9IU (29.2%), Manganese: 0.45mg (22.6%), Potassium: 732.85mg (20.94%), Zinc: 2.55mg (16.98%), Magnesium: 54.04mg (13.51%), Vitamin B5: 1.19mg (11.86%), Iron: 2.05mg (11.4%), Copper: 0.2mg (10.11%), Folate: 39.15µg (9.79%), Vitamin B12: 0.58µg (9.64%), Vitamin E: 1.44mg (9.63%), Fiber: 2.24g (8.95%), Calcium: 39.34mg (3.93%), Vitamin D: 0.23µg (1.51%)