



 **13%**
HEALTH SCORE

Pork-and-Tofu Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch pepper red crushed
- 3 garlic minced
- 0.3 cup hoisin sauce
- 1 leek cut into 1-inch pieces
- 1 cup chicken stock low-sodium
- 1 pound pork loin cut into 1 1/2-by-1/4-inch strips
- 4 servings salt and pepper freshly ground
- 0.5 teaspoon sesame oil

- 2 teaspoons sherry vinegar
- 0.5 pound tofu firm cut into 1-inch cubes
- 3 tablespoons vegetable oil

Equipment

- bowl
- frying pan

Directions

- In a large skillet, heat 1 tablespoon of the vegetable oil.
- Add the pork, season with salt and pepper and stir-fry over high heat until cooked, 2 minutes.
- Transfer to a plate.
- Add the remaining vegetable oil to the skillet.
- Add the garlic and crushed pepper and stir-fry for 1 minute.
- Add the leek and 1/4 cup of the stock, cover and cook until the leek is softened, 2 minutes.
- Add the remaining 3/4 cup of stock and bring to a simmer.
- Add the tofu, then stir in the pork, hoisin, vinegar and sesame oil.
- Transfer to bowls and serve.

Nutrition Facts

PROTEIN 36.9% **FAT 47.83%** **CARBS 15.27%**

Properties

Glycemic Index:19.25, Glycemic Load:1.22, Inflammation Score:-5, Nutrition Score:16.21869570276%

Flavonoids

Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 356.62kcal (17.83%), Fat: 18.82g (28.95%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 12.12g (4.41%), Sugar: 5.83g (6.48%), Cholesterol: 71.96mg (23.99%), Sodium: 553.2mg (24.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.67g (65.33%), Vitamin B6: 0.95mg (47.65%), Selenium: 32.27µg (46.1%), Vitamin B3: 7.63mg (38.16%), Vitamin B1: 0.52mg (34.73%), Phosphorus: 290.88mg (29.09%), Vitamin K: 29.43µg (28.03%), Vitamin B2: 0.28mg (16.26%), Potassium: 545.88mg (15.6%), Zinc: 2.21mg (14.74%), Iron: 2.12mg (11.75%), Vitamin B12: 0.64µg (10.62%), Magnesium: 41.13mg (10.28%), Calcium: 101.96mg (10.2%), Manganese: 0.2mg (9.92%), Vitamin B5: 0.9mg (9.01%), Vitamin E: 1.25mg (8.35%), Copper: 0.15mg (7.6%), Vitamin A: 379.55IU (7.59%), Fiber: 1.39g (5.57%), Folate: 18.27µg (4.57%), Vitamin C: 3.45mg (4.19%), Vitamin D: 0.45µg (3.02%)