



Pork and Veggie Saute



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 3 squares garlic & saute starter herb saute express®
- ☐ 1 medium onion sliced
- ☐ 1 pound pork tenderloin boneless
- ☐ 12 ounce stir-fry vegetables fresh

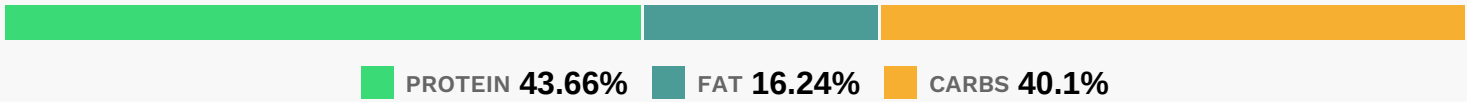
Equipment

- ☐ frying pan

Directions

- ☐ Slice pork tenderloin in half lengthwise; then slice crosswise into 1/4-inch thick slices.
- ☐ Melt 2
- ☐ Saute Express® squares in 12-inch nonstick skillet over medium-low heat just until bubbles begin to form.
- ☐ Add pork.
- ☐ Saute 4–5 minutes or until pork is done.
- ☐ Remove from skillet.
- ☐ Melt remaining 1
- ☐ Saute Express® square in skillet.
- ☐ Add stir-fry vegetables, onion and water chestnuts. Cook 4 to 5 minutes or until tender; stir in pork.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:4.26, Inflammation Score:-10, Nutrition Score:24.773043395384%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 246.85kcal (12.34%), Fat: 4.53g (6.97%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 19.05g (6.93%), Sugar: 3.35g (3.72%), Cholesterol: 73.71mg (24.57%), Sodium: 106.97mg (4.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.38g (54.76%), Vitamin A: 4321.65IU (86.43%), Vitamin B1: 1.24mg (82.74%), Vitamin B6: 1.13mg (56.6%), Selenium: 35.57µg (50.81%), Vitamin B3: 8.92mg (44.58%), Phosphorus: 351.87mg (35.19%), Vitamin B2: 0.48mg (28.48%), Fiber: 6.1g (24.39%), Potassium: 773.44mg (22.1%), Zinc: 2.89mg (19.29%), Manganese: 0.36mg (18.13%), Iron: 2.75mg (15.28%), Vitamin C: 12.25mg (14.85%), Magnesium: 58.5mg (14.63%), Copper: 0.28mg (14.07%), Vitamin B5: 1.25mg (12.51%), Vitamin B12: 0.59µg (9.83%),

Folate: 35.01µg (8.75%), Vitamin E: 0.7mg (4.65%), Calcium: 39.15mg (3.92%), Vitamin D: 0.34µg (2.27%)