



WHATSheATE



Pork, Cashew, and Green Bean Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cashew pieces unsalted toasted chopped
- ☐ 2 cups rice hot cooked
- ☐ 2 teaspoons cornstarch
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoons ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 4 cups cut green beans (2-inch) (1 pound)

- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 pound pork tenderloin cut into 1/4-inch-thick slices

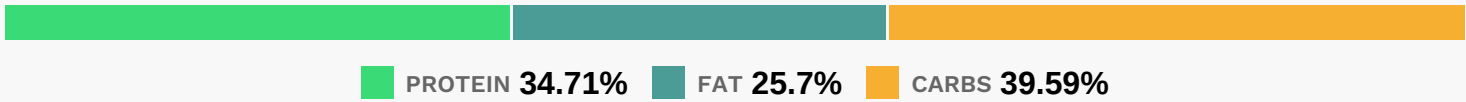
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine the soy sauce and cornstarch in a medium bowl, and add pork, stirring to coat. Cover and chill.
- ☐ Place beans in a large saucepan of boiling water, and cook 5 minutes.
- ☐ Drain beans; plunge into ice water.
- ☐ Drain.
- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add ginger and garlic; saut 1 minute.
- ☐ Add pork mixture; stir-fry 1 1/2 minutes. Stir in green beans; stir-fry 1 1/2 minutes or until pork is done. Stir in broth; reduce heat, and simmer 2 minutes.
- ☐ Serve over rice; sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:56.3, Glycemic Load:26.8, Inflammation Score:-7, Nutrition Score:27.343478513801%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 352.24kcal (17.61%), Fat: 10.09g (15.53%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 34.99g (11.66%), Net Carbohydrates: 31.25g (11.36%), Sugar: 4.25g (4.72%), Cholesterol: 73.71mg (24.57%), Sodium: 699.67mg (30.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.35%), Vitamin B1: 1.26mg (84.3%), Selenium: 43.19µg (61.71%), Vitamin B6: 1.18mg (58.93%), Vitamin K: 50.35µg (47.95%), Vitamin B3: 8.99mg (44.95%), Phosphorus: 430.17mg (43.02%), Manganese: 0.86mg (42.93%), Vitamin B2: 0.56mg (32.65%), Magnesium: 103.44mg (25.86%), Potassium: 832.28mg (23.78%), Zinc: 3.39mg (22.6%), Copper: 0.43mg (21.39%), Iron: 3.21mg (17.81%), Vitamin C: 14.02mg (16.99%), Vitamin B5: 1.65mg (16.55%), Vitamin A: 761.4IU (15.23%), Fiber: 3.74g (14.96%), Folate: 48.08µg (12.02%), Vitamin B12: 0.62µg (10.3%), Calcium: 66.75mg (6.68%), Vitamin E: 0.9mg (6.02%), Vitamin D: 0.34µg (2.27%)