



Pork-Cashew Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



718 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce cut green beans drained canned
- ☐ 0.3 cup stir-fry sauce divided
- ☐ 1 onion halved thinly sliced
- ☐ 1 pound fatty pork boneless lean cut into thin strips
- ☐ 4 servings quick-cooking rice hot cooked
- ☐ 1 large bell pepper red cut into pieces
- ☐ 0.5 cup roasted cashews
- ☐ 2 tablespoons vegetable oil divided

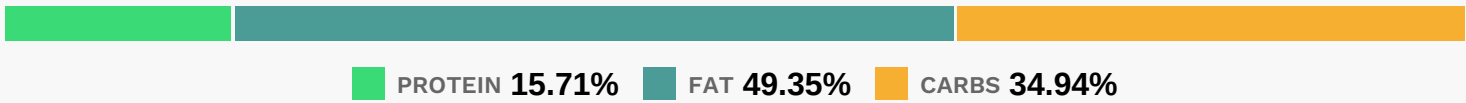
Equipment

☐ frying pan

Directions

- ☐ Stir together pork and 2 tablespoons stir-fry sauce.
- ☐ Stir-fry pork in 1 tablespoon hot oil in a large skillet over high heat 3 to 5 minutes or until lightly browned.
- ☐ Remove pork, and set aside.
- ☐ Add remaining 1 tablespoon oil to skillet. Stir-fry bell pepper and onion 2 to 3 minutes or until crisp-tender.
- ☐ Return pork to skillet. Stir in remaining 2 tablespoons stir-fry sauce, green beans, and cashews. Cook until thoroughly heated.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:3.1, Inflammation Score:-9, Nutrition Score:35.954347817794%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

Nutrients (% of daily need)

Calories: 718.2kcal (35.91%), Fat: 39.64g (60.98%), Saturated Fat: 11.69g (73.08%), Carbohydrates: 63.15g (21.05%), Net Carbohydrates: 57.58g (20.94%), Sugar: 10.54g (11.71%), Cholesterol: 81.65mg (27.22%), Sodium: 257.59mg (11.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.39g (56.79%), Vitamin B1: 1.45mg (96.43%), Vitamin C: 67.85mg (82.24%), Selenium: 49.29µg (70.42%), Vitamin K: 64.81µg (61.72%), Folate: 212.98µg (53.25%), Vitamin B3: 9.85mg (49.25%), Manganese: 0.95mg (47.43%), Vitamin B6: 0.84mg (41.82%), Vitamin A: 2001.29IU (40.03%), Phosphorus: 399.05mg (39.9%), Iron: 6.47mg (35.94%), Zinc: 4.56mg (30.43%), Copper: 0.61mg (30.42%), Vitamin B2: 0.46mg (27.29%), Magnesium: 106.43mg (26.61%), Fiber: 5.57g (22.27%), Potassium: 779.21mg (22.26%),

Vitamin B5: 1.58mg (15.77%), Vitamin B12: 0.79µg (13.23%), Vitamin E: 1.81mg (12.06%), Calcium: 81.8mg (8.18%)