

Pork Chop Suey

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce bean sprouts drained canned
- ☐ 8 ounce water chestnuts drained canned
- ☐ 1 cup celery diced
- ☐ 6 servings rice hot cooked
- ☐ 2 tablespoons cornstarch
- ☐ 2 tablespoons bead molasses
- ☐ 3 ounce noodles chinese canned
- ☐ 1 cup onion diced

- ☐ 1 pound fatty pork diced boneless lean
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 1.3 cups water divided

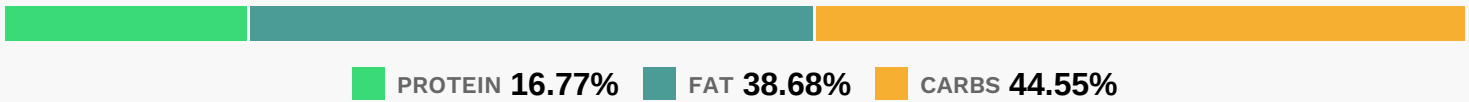
Equipment

- ☐ frying pan

Directions

- ☐ Saut pork in oil in a large skillet until color changes on all sides (do not brown).
- ☐ Add onion and celery; saut until tender.
- ☐ Add 1 cup water, and bring to a boil. Reduce heat; cover and simmer 5 minutes.
- ☐ Combine remaining 1/4 cup water, cornstarch, and molasses; stir until smooth.
- ☐ Add cornstarch mixture and soy sauce to pork. Cook, stirring constantly, until thickened and bubbly.
- ☐ Add bean sprouts and water chestnuts; cover and simmer an additional 5 minutes.
- ☐ Serve over rice, and garnish with noodles.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:31.05, Inflammation Score:-5, Nutrition Score:19.659130599188%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 491.83kcal (24.59%), Fat: 21.21g (32.64%), Saturated Fat: 6.8g (42.51%), Carbohydrates: 54.97g (18.32%), Net Carbohydrates: 50.71g (18.44%), Sugar: 11.1g (12.34%), Cholesterol: 54.43mg (18.14%), Sodium: 612.17mg (26.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.7g (41.4%), Selenium: 35.83µg (51.19%), Manganese: 0.9mg (44.95%), Vitamin B1: 0.67mg (44.54%), Vitamin K: 35.33µg (33.65%), Vitamin B6: 0.64mg (32.18%), Phosphorus: 266.87mg (26.69%), Vitamin B3: 5.07mg (25.37%), Zinc: 2.88mg (19.19%), Vitamin B2: 0.32mg (19.08%), Potassium: 644.95mg (18.43%), Copper: 0.37mg (18.4%), Magnesium: 73.36mg (18.34%), Fiber: 4.26g (17.03%), Folate: 65.32µg (16.33%), Iron: 2.77mg (15.4%), Vitamin C: 12.51mg (15.17%), Vitamin B5: 1.37mg (13.73%), Vitamin B12: 0.53µg (8.82%), Calcium: 62.33mg (6.23%), Vitamin E: 0.83mg (5.53%), Vitamin A: 95.3IU (1.91%)