



 **67%**  
HEALTH SCORE

## Pork, Kale, and Bok Choy Stir-Fry

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**5**

CALORIES



**399 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 cups bok choy sliced
- 5 cups rice hot cooked
- 1 teaspoon cornstarch
- 0.3 teaspoon pepper red crushed
- 0.5 cup less-sodium chicken broth fat-free
- 2 teaspoons ginger fresh divided minced peeled
- 2 tablespoons garlic divided minced
- 1.5 cups green onions sliced

- 3 tablespoons hoisin sauce
- 4 cups kale sliced
- 3 tablespoons soya sauce low-sodium divided
- 0.8 pound pork tenderloin
- 2 cups shiitake mushroom caps sliced
- 1 tablespoon vegetable oil

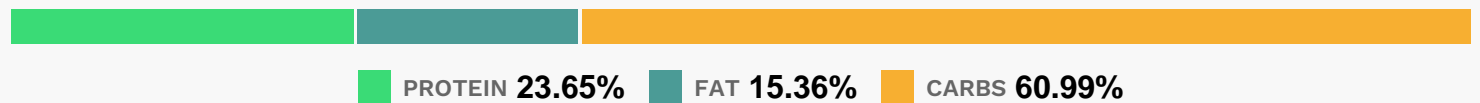
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Trim fat from pork; cut into 2 x 1/4-inch-wide strips.
- Combine pork, 2 tablespoons soy sauce, 2 teaspoons garlic, and 1 teaspoon ginger in a shallow bowl. Cover and marinate in refrigerator 2 hours.
- Combine 1 tablespoon soy sauce, 2 teaspoons garlic, 1 teaspoon ginger, broth, hoisin sauce, and cornstarch in a small bowl; stir with a whisk.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add 2 teaspoons garlic and crushed red pepper; stir-fry 30 seconds.
- Add mushrooms and onions; stir-fry 3 minutes.
- Add pork mixture and kale; stir-fry 3 minutes.
- Add broth mixture and bok choy; bring to a boil. Cook 1 minute or until mixture is thick.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:50, Glycemic Load:49.86, Inflammation Score:-10, Nutrition Score:35.470434810804%

## Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 3.96mg, Isorhamnetin: 3.96mg, Isorhamnetin: 3.96mg, Isorhamnetin: 3.96mg Kaempferol: 10.7mg, Kaempferol: 10.7mg, Kaempferol: 10.7mg, Kaempferol: 10.7mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

## Nutrients (% of daily need)

Calories: 399.3kcal (19.97%), Fat: 6.86g (10.55%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 61.23g (20.41%), Net Carbohydrates: 55.85g (20.31%), Sugar: 6.48g (7.2%), Cholesterol: 44.51mg (14.84%), Sodium: 691.49mg (30.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.75g (47.49%), Vitamin K: 158.31µg (150.77%), Vitamin A: 4511.38IU (90.23%), Manganese: 1.34mg (66.79%), Vitamin C: 47.61mg (57.71%), Vitamin B6: 1.15mg (57.57%), Selenium: 39.44µg (56.35%), Vitamin B1: 0.78mg (52.26%), Vitamin B3: 9.66mg (48.29%), Phosphorus: 403.18mg (40.32%), Vitamin B2: 0.62mg (36.52%), Vitamin B5: 2.71mg (27.15%), Potassium: 950.03mg (27.14%), Zinc: 3.42mg (22.81%), Folate: 89.94µg (22.48%), Magnesium: 88.05mg (22.01%), Fiber: 5.38g (21.51%), Copper: 0.38mg (18.87%), Iron: 2.84mg (15.8%), Calcium: 157.88mg (15.79%), Vitamin B12: 0.4µg (6.65%), Vitamin E: 0.87mg (5.8%), Vitamin D: 0.57µg (3.77%)