



Pork & Pineapple Stir-Fry



Gluten Free



Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound pork loin boneless cut into strips
- ☐ 1 clove garlic crushed
- ☐ 1 onion sliced
- ☐ 0.5 pineapple fresh cored cubed peeled
- ☐ 0.3 cup plum sauce
- ☐ 1 chile pepper fresh red seeded chopped
- ☐ 1 cup snow peas trimmed
- ☐ 2 tablespoons vegetable oil

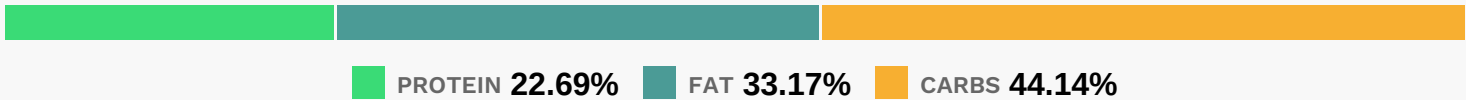
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat oil in a wok over medium-high heat; add onion and garlic, and stir-fry for 2 minutes, or until onion has softened slightly.
- ☐ Remove from pan, and set aside.
- ☐ Stir-fry pork strips in one or two batches for 1 to 2 minutes, or until the pork is just cooked.
- ☐ Remove from pan. Allow pan to reheat before cooking next batch.
- ☐ In the hot wok, stir-fry the pork and onions with pineapple, red pepper, snow peas, and plum sauce; stir-fry for about 2 to 4 minutes, or until peas have softened slightly.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:8.77, Inflammation Score:-7, Nutrition Score:18.513913206432%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 253.5kcal (12.67%), Fat: 9.57g (14.72%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 25.63g (9.32%), Sugar: 13.89g (15.44%), Cholesterol: 35.72mg (11.91%), Sodium: 134.69mg (5.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.72g (29.44%), Vitamin C: 87.3mg (105.82%), Manganese: 1.2mg (60.16%), Vitamin B6: 0.71mg (35.4%), Vitamin B1: 0.4mg (26.87%), Selenium: 16.37µg (23.38%), Vitamin B3: 4.34mg (21.7%), Vitamin K: 21.12µg (20.11%), Phosphorus: 167.76mg (16.78%), Potassium: 513.12mg (14.66%), Fiber: 3.01g (12.02%), Vitamin B2: 0.2mg (11.52%), Copper: 0.22mg (10.95%), Magnesium: 42.01mg (10.5%), Folate: 39.63µg (9.91%), Vitamin B5: 0.92mg (9.19%), Vitamin A: 447.84IU (8.96%), Zinc: 1.34mg (8.96%), Iron: 1.6mg (8.91%), Vitamin E: 0.83mg (5.55%), Vitamin B12: 0.29µg (4.82%), Calcium: 39.62mg (3.96%), Vitamin D: 0.23µg

(1.51%)