



## Pork Slices in Hoisin Sauce

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



257 kcal

SAUCE

### Ingredients

- 2 teaspoons pepper black freshly ground
- 1 tablespoon cornstarch
- 0.3 cup cooking sherry dry
- 2 tablespoons cooking sherry dry
- 1 tablespoon ginger fresh minced peeled
- 1 medium bell pepper diced green seeded
- 0.3 cup hoisin sauce
- 1.5 pounds pork tenderloin whole (2 tenderloins)

- 1 medium bell pepper diced red seeded
- 1 pinch salt
- 4 scallions white green minced ( and parts)
- 1 tablespoon asian sesame oil
- 2 tablespoons soya sauce dark
- 2 tablespoons vegetable oil

## Equipment

- bowl
- wok

## Directions

- Slice the pork tenderloin into 1/4-inch-thick pieces. In a bowl, combine the marinade ingredients: the dark soy sauce, sherry, and cornstarch.
- Add the pork and mix; let stand for at least 10 minutes.
- In a carbon-steel wok, heat the vegetable oil over high heat until just smoking.
- Add the scallions and ginger, and stir-fry until aromatic, about 30 seconds.
- Add the pork, reserving any remaining marinade, and stir-fry for about 5 minutes, until the pork is just done.
- Add the green and red peppers, and stir-fry for another minute.
- Add the hoisin sauce, sherry, salt, and black pepper, and combine.
- Add 2 tablespoons of water to the marinade remaining in the bowl and add to the wok. Toss to blend well.
- Remove from the heat, drizzle with the sesame oil, and serve immediately.

## Nutrition Facts

**PROTEIN 41.03%** **FAT 42.04%** **CARBS 16.93%**

## Properties

Glycemic Index:27.67, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:21.175652037496%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

## Nutrients (% of daily need)

Calories: 257.26kcal (12.86%), Fat: 11.4g (17.54%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 8.8g (3.2%), Sugar: 4.89g (5.44%), Cholesterol: 74.05mg (24.68%), Sodium: 590.03mg (25.65%), Alcohol: 1.54g (100%), Alcohol %: 0.96% (100%), Protein: 25.04g (50.09%), Vitamin B1: 1.15mg (76.38%), Vitamin C: 42.94mg (52.05%), Vitamin B6: 1mg (50.25%), Selenium: 34.77µg (49.68%), Vitamin B3: 8.23mg (41.15%), Phosphorus: 304.12mg (30.41%), Vitamin K: 28.86µg (27.49%), Vitamin B2: 0.45mg (26.4%), Potassium: 595.04mg (17%), Vitamin A: 780.73IU (15.61%), Zinc: 2.32mg (15.47%), Manganese: 0.24mg (12%), Magnesium: 44.91mg (11.23%), Vitamin B5: 1.09mg (10.86%), Vitamin B12: 0.59µg (9.83%), Iron: 1.75mg (9.72%), Copper: 0.16mg (7.98%), Vitamin E: 1.13mg (7.51%), Fiber: 1.53g (6.14%), Folate: 20.33µg (5.08%), Calcium: 25.32mg (2.53%), Vitamin D: 0.34µg (2.27%)