



Pork, Snow Pea & Mushroom Stir-Fry

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup planters cashews
- 0.3 cup lite catalina dressing kraft
- 3 cups brown rice long-grain hot cooked
- 2 cups mushrooms fresh quartered
- 2 cloves garlic minced
- 1 Tbsp gingerroot minced
- 2 green onions chopped
- 1 Tbsp oil

- 1 lb pork tenderloin cut into bite-size pieces
- 1 cup snow peas fresh
- 1 Tbsp lite soy sauce
- 1 small bell pepper yellow cut into strips

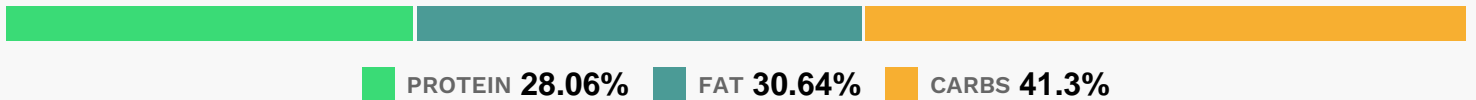
Equipment

- frying pan
- wok

Directions

- Heat oil in wok or large skillet on high heat.
- Add meat; stir-fry 1 min.
- Add next 5 ingredients; stir-fry on medium-high heat 3 to 5 min. or until meat is lightly browned. Stir in dressing and soy sauce; stir-fry 2 min. or until vegetables are crisp-tender and meat is done.
- Top with nuts and onions.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:7.46, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:6.6904346942902%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 90.8kcal (4.54%), Fat: 3.08g (4.74%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 8.45g (3.07%), Sugar: 1.46g (1.63%), Cholesterol: 14.74mg (4.91%), Sodium: 103.36mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.69%), Vitamin B1: 0.28mg (18.38%), Manganese:

0.33mg (16.38%), Selenium: 11.06µg (15.8%), Vitamin B6: 0.25mg (12.67%), Vitamin C: 10.28mg (12.46%), Vitamin B3: 2.42mg (12.09%), Phosphorus: 102.88mg (10.29%), Vitamin B2: 0.13mg (7.7%), Magnesium: 26.72mg (6.68%), Copper: 0.13mg (6.35%), Zinc: 0.78mg (5.23%), Vitamin B5: 0.48mg (4.81%), Potassium: 168.4mg (4.81%), Vitamin K: 4.94µg (4.7%), Iron: 0.66mg (3.69%), Fiber: 0.89g (3.55%), Vitamin B12: 0.12µg (2.03%), Folate: 7.2µg (1.8%), Vitamin E: 0.22mg (1.49%), Vitamin A: 73.11IU (1.46%)