



## Pork, Snow Pea & Mushroom Stir-Fry for Two

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 Tbsp planters cashews
- 2 Tbsp lite catalina dressing kraft
- 1.5 cups brown rice long-grain hot cooked
- 1 cup mushrooms fresh quartered
- 1 clove garlic minced
- 1.5 tsp gingerroot minced
- 1 green onion chopped
- 1.5 tsp oil

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

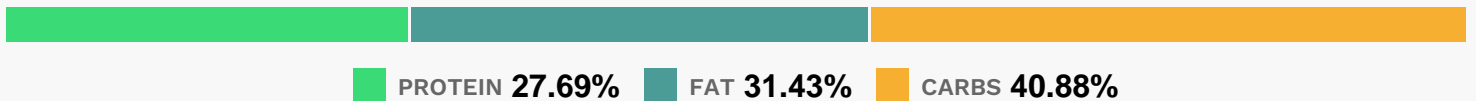
## Equipment

- 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.
- Add dressing and soy sauce; stir-fry 2 min. or until meat is done and vegetables are crisp-tender.
- Top with nuts and onions.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:7.46, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:3.3926087177318%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 46.45kcal (2.32%), Fat: 1.62g (2.49%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 4.28g (1.56%), Sugar: 0.75g (0.84%), Cholesterol: 7.37mg (2.46%), Sodium: 52.16mg (2.27%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Vitamin B1: 0.14mg (9.24%), Manganese: 0.17mg (8.35%), Selenium: 5.57µg (7.95%), Vitamin B6: 0.13mg (6.38%), Vitamin C: 5.14mg (6.23%), Vitamin B3: 1.21mg (6.06%), Phosphorus: 52.58mg (5.26%), Vitamin B2: 0.07mg (3.86%), Magnesium: 13.91mg (3.48%), Copper: 0.07mg (3.39%), Zinc: 0.4mg (2.69%), Potassium: 85.37mg (2.44%), Vitamin B5: 0.24mg (2.42%), Vitamin K: 2.53µg (2.41%), Iron: 0.34mg (1.92%), Fiber: 0.45g (1.8%), Vitamin B12: 0.06µg (1.01%)