



## Pork Stir-Fry with Green Beans and Peanuts

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons canola oil
- 1 cup carrots peeled ( 2 medium)
- 0.3 cup chop roasted peanuts salted finely chopped
- 1 tablespoon ginger fresh minced peeled
- 2 garlic clove minced
- 1 pound green beans trimmed cut into 1 1/2-inch lengths
- 3 spring onion thinly sliced
- 1.5 tablespoons honey

- 12 ounces pork tenderloins trimmed cut into 1 1/2x1/4-inch strips
- 1 large bell pepper red cut into 1 1/2x1/4-inch strips
- 0.3 teaspoon pepper dried red crushed
- 4 tablespoons soya sauce

## Equipment

- bowl
- frying pan
- sauce pan
- wok

## Directions

- Mix pork, 1 tablespoon soy sauce, 1 tablespoon honey, half of garlic, and crushed red pepper in medium bowl.
- Mix remaining 3 tablespoons soy sauce and remaining 1/2 tablespoon honey in small bowl; set aside.
- Cook green beans in large saucepan of boiling salted water until crisp-tender, about 3 minutes.
- Add carrots to green beans in water; cook 1 minute.
- Drain carrots and green beans.
- Heat 1 tablespoon canola oil in wok or large nonstick skillet over high heat.
- Add pork mixture; stir-fry 1 minute.
- Transfer pork to dish.
- Add remaining 1 tablespoon canola oil to wok; add red bell pepper and stir-fry 1 minute.
- Add green beans, carrots, ginger, and remaining garlic; stir-fry 1 minute. Return pork to wok along with reserved soy sauce-honey mixture; stir until heated through, about 1 minute. Season to taste with salt and pepper.
- Transfer to bowl.
- Sprinkle with sliced green onions and chopped peanuts and serve.
- Per serving: calories, 318; total fat, 16 g; saturated fat, 3 g; cholesterol, 56 mg; fiber, 6 g

## Nutrition Facts

**PROTEIN 30.95%** **FAT 38.9%** **CARBS 30.15%**

### Properties

Glycemic Index:67.28, Glycemic Load:7.59, Inflammation Score:-10, Nutrition Score:33.08739135058%

### Flavonoids

Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

### Nutrients (% of daily need)

Calories: 310.16kcal (15.51%), Fat: 14.03g (21.58%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 24.46g (8.15%), Net Carbohydrates: 18.35g (6.67%), Sugar: 14.43g (16.03%), Cholesterol: 55.28mg (18.43%), Sodium: 1123.8mg (48.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.11g (50.22%), Vitamin A: 7539IU (150.78%), Vitamin C: 70.49mg (85.44%), Vitamin K: 78.77µg (75.02%), Vitamin B1: 1.02mg (67.91%), Vitamin B6: 1.1mg (54.76%), Vitamin B3: 9.39mg (46.95%), Selenium: 28.33µg (40.47%), Manganese: 0.69mg (34.32%), Phosphorus: 339.36mg (33.94%), Vitamin B2: 0.52mg (30.69%), Potassium: 909.77mg (25.99%), Fiber: 6.11g (24.44%), Vitamin E: 3.3mg (22.01%), Magnesium: 87.23mg (21.81%), Folate: 80.89µg (20.22%), Iron: 3.07mg (17.08%), Zinc: 2.48mg (16.51%), Vitamin B5: 1.42mg (14.16%), Copper: 0.26mg (13.03%), Calcium: 79.04mg (7.9%), Vitamin B12: 0.43µg (7.23%), Vitamin D: 0.17µg (1.13%)