



WHATSheATE



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

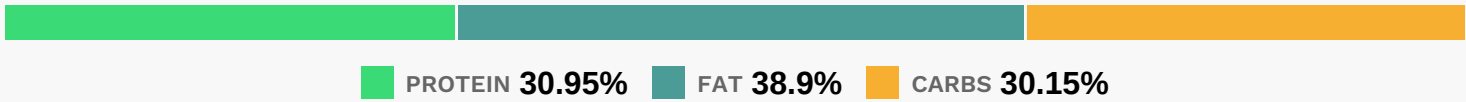
Equipment

- ☐ 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



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: Og (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%)