



## Pork Stir Fry with Green Onion



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 5 cloves garlic thinly sliced
- ☐ 8 scallions/green onions sliced
- ☐ 4 Tbsp vegetable oil; peanut oil preferred (canola, rice bran, or grape seed)
- ☐ 1 pound pork chops boneless
- ☐ 0.5 teaspoon sesame oil
- ☐ 2 Tbsp soya sauce
- ☐ 1 teaspoon sugar

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ wok
- ☐ wax paper
- ☐ meat tenderizer

## Directions

- ☐ Pork chops tend to come in thicknesses either around 1/2 inch thick or an inch thick. If you are working with a thick boneless pork chop, start by slicing it into two thin layers, horizontally. If starting with pork loin, cut slices 1/2 inch thick.
- ☐ Put the slices under some plastic wrap or wax paper and pound them thin with a rubber mallet, meat mallet or even an empty wine bottle. This will help tenderize the meat. The slices should be about 1/4 inch thick.
- ☐ Cut the pork against the grain into thin strips, about 1 1/2 inches long.<sup>2</sup>
- ☐ Put the soy sauce, sugar, and corn starch into a large bowl and whisk to combine.
- ☐ Add the pork strips to the bowl with the marinade and toss to coat completely. Set aside for at least 10 minutes.<sup>3</sup>
- ☐ Heat the peanut oil in a wok or large sauté pan on high heat. When the oil is hot (shimmering but not smoking) add the garlic slices and stir-fry until they begin to turn brown at the edges, about 30 seconds.
- ☐ Add the pork strips and stir-fry until the pork changes color, about 90 seconds, stirring constantly.<sup>4</sup>
- ☐ Add the sliced green onions and continue to stir-fry for another minute, or until the green onions wilt. Turn off the heat and stir in the sesame oil, if using.
- ☐ Serve immediately.
- ☐ Serve alone, or with rice.

## Nutrition Facts



 **PROTEIN 32.42%**  **FAT 61.42%**  **CARBS 6.16%**

## Properties

Glycemic Index:36.77, Glycemic Load:1.48, Inflammation Score:-4, Nutrition Score:17.744782613671%

## Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

## Nutrients (% of daily need)

Calories: 323.95kcal (16.2%), Fat: 21.95g (33.76%), Saturated Fat: 5.14g (32.14%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.18g (1.52%), Sugar: 1.75g (1.94%), Cholesterol: 75.98mg (25.33%), Sodium: 561.7mg (24.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.06g (52.12%), Selenium: 38.3µg (54.72%), Vitamin B1: 0.78mg (52.16%), Vitamin B3: 9.57mg (47.83%), Vitamin K: 49.91µg (47.53%), Vitamin B6: 0.9mg (45.12%), Phosphorus: 282.66mg (28.27%), Vitamin E: 2.41mg (16.06%), Potassium: 523.37mg (14.95%), Vitamin B2: 0.25mg (14.53%), Zinc: 1.94mg (12.9%), Vitamin B12: 0.6µg (10.02%), Magnesium: 38.84mg (9.71%), Vitamin B5: 0.9mg (8.99%), Manganese: 0.15mg (7.71%), Vitamin C: 5.68mg (6.89%), Iron: 1.21mg (6.71%), Copper: 0.11mg (5.36%), Vitamin A: 244.15IU (4.88%), Folate: 17.09µg (4.27%), Calcium: 33.83mg (3.38%), Fiber: 0.78g (3.12%), Vitamin D: 0.45µg (3.02%)