



Pork Stir-Fry with Orange Sauce

 Dairy Free

READY IN



31 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons canola oil divided
- ☐ 0.7 cup diagonally carrot peeled cut (2 medium)
- ☐ 1.5 teaspoons cornstarch
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 3 tablespoons cooking sherry dry
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 4 green onions sliced

- ☐ 3 tablespoons soya sauce low-sodium divided
- ☐ 2 tablespoons orange juice concentrate frozen thawed
- ☐ 1 pound loin pork chops boneless trimmed cut into thin strips
- ☐ 1 cup bell pepper red sliced
- ☐ 4 ounces rice noodles uncooked thin

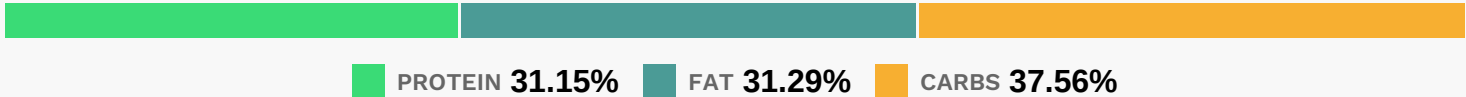
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Drain and keep warm.
- ☐ While noodles cook, combine pork and 1 tablespoon soy sauce in a small bowl. Set aside.
- ☐ Combine remaining 2 tablespoons soy sauce and cornstarch in a small bowl, stirring with a whisk until smooth. Stir in broth and next 4 ingredients. Set aside.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add pork; cook 2 minutes or until pork just loses its pink color.
- ☐ Remove from pan; set aside.
- ☐ Heat remaining 2 teaspoons oil in pan; add carrot and bell pepper. Saut 2 minutes or until crisp-tender.
- ☐ Add green onions; cook 2 minutes or until onions wilt.
- ☐ Add soy sauce mixture to pan. Return pork and accumulated juices to pan; saut 2 minutes or until sauce is thick.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:49.71, Glycemic Load:14.82, Inflammation Score:-10, Nutrition Score:26.7352174365%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 368kcal (18.4%), Fat: 12.31g (18.94%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 33.25g (11.08%), Net Carbohydrates: 30.9g (11.23%), Sugar: 5.26g (5.85%), Cholesterol: 75.98mg (25.33%), Sodium: 616.49mg (26.8%), Alcohol: 1.16g (100%), Alcohol %: 0.56% (100%), Protein: 27.58g (55.15%), Vitamin A: 4900.97IU (98.02%), Vitamin C: 61.97mg (75.11%), Selenium: 42.4µg (60.57%), Vitamin B1: 0.83mg (55.54%), Vitamin B6: 1.02mg (51.08%), Vitamin B3: 10.08mg (50.41%), Phosphorus: 349.89mg (34.99%), Vitamin K: 32.47µg (30.93%), Potassium: 717.84mg (20.51%), Vitamin B2: 0.32mg (18.56%), Manganese: 0.31mg (15.67%), Zinc: 2.29mg (15.25%), Magnesium: 55mg (13.75%), Vitamin E: 1.76mg (11.75%), Vitamin B5: 1.13mg (11.29%), Vitamin B12: 0.63µg (10.49%), Folate: 41.07µg (10.27%), Fiber: 2.35g (9.41%), Iron: 1.42mg (7.91%), Copper: 0.13mg (6.41%), Calcium: 39.7mg (3.97%), Vitamin D: 0.45µg (3.02%)