



Pork Tenderloin Stir-Fry with Tangerines and Chili Sauce



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon five-spice powder chinese
- ☐ 6 baby bok choy 1-inch-thick
- ☐ 0.3 cup asian chili sauce sweet
- ☐ 4 small clementines with peel) into 3/4-inch pieces unpeeled
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 5 green onions divided thinly sliced

- ☐ 1.3 pound pork tenderloin trimmed cut into 1/2-inch-wide strips
- ☐ 2 tablespoons asian sesame oil divided
- ☐ 2 tablespoons soya sauce

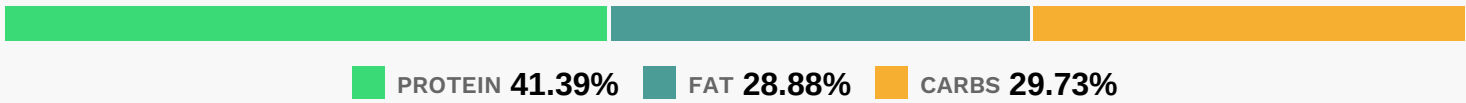
Equipment

- ☐ frying pan

Directions

- ☐ Place pork tenderloin strips in medium bowl; sprinkle with salt and freshly ground black pepper and toss with cornstarch to coat.
- ☐ Heat 1 tablespoon sesame oil in large nonstick skillet over medium-high heat.
- ☐ Add minced ginger; stir 30 seconds.
- ☐ Add pork tenderloin strips; stir-fry until pork is beginning to brown and is almost cooked through, about 3 minutes.
- ☐ Add tangerine pieces; toss 30 seconds.
- ☐ Add sweet chili sauce, soy sauce, and Chinese five-spice powder; boil until sauce in skillet thickens slightly, tossing to blend, about 1 minute. Stir in remaining 1 tablespoon sesame oil, bok choy, and half of sliced green onions. Stir-fry just until bok choy is wilted, 1 to 2 minutes. Season to taste with salt and freshly ground black pepper.
- ☐ Transfer to bowl; sprinkle with remaining sliced green onions and serve.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:5.68, Inflammation Score:-10, Nutrition Score:32.112608831862%

Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 326.09kcal (16.3%), Fat: 10.37g (15.96%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 20.42g (7.43%), Sugar: 16.64g (18.49%), Cholesterol: 92.14mg (30.71%), Sodium: 851mg (37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.45g (66.9%), Vitamin A: 7693.08IU (153.86%), Vitamin C: 115.35mg (139.81%), Vitamin B1: 1.49mg (99.54%), Selenium: 43.97µg (62.82%), Vitamin B6: 1.19mg (59.42%), Vitamin B3: 10.4mg (52%), Phosphorus: 384.86mg (38.49%), Vitamin B2: 0.53mg (31.41%), Vitamin K: 32µg (30.48%), Calcium: 230.27mg (23.03%), Potassium: 767.96mg (21.94%), Zinc: 2.84mg (18.94%), Iron: 3.26mg (18.12%), Fiber: 3.6g (14.4%), Vitamin B5: 1.36mg (13.62%), Magnesium: 53.51mg (13.38%), Vitamin B12: 0.72µg (12.05%), Copper: 0.19mg (9.56%), Folate: 29.2µg (7.3%), Manganese: 0.12mg (5.9%), Vitamin E: 0.64mg (4.3%), Vitamin D: 0.28µg (1.89%)