



Pork Tenderloin with Wild Mushrooms, Ginger and Scallions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chicken stock see low-sodium canned
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 large garlic clove minced
- ☐ 1.5 teaspoons hot sauce
- ☐ 1.5 tablespoons catsup
- ☐ 0.8 pound mushrooms wild mixed such as oyster and shiitake, stemmed and thickly sliced

- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 1 pound pork tenderloin thinly sliced
- ☐ 4 servings salt
- ☐ 4 large scallions cut into 1-inch lengths
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon distilled vinegar white
- ☐ 1 tablespoon cooking wine dry chinese Shao-Hsing

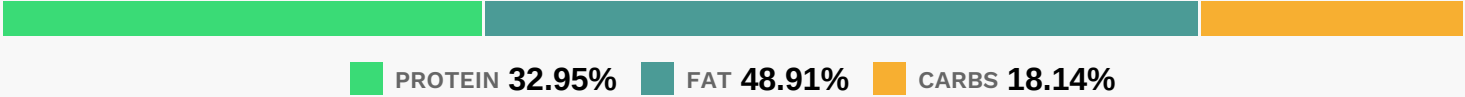
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a small bowl, whisk the stock with the soy sauce, cooking wine, ketchup, sugar, chile-garlic paste, vinegar and 1 teaspoon of the cornstarch. In another medium bowl, season the pork with salt and toss with the remaining 1 teaspoon of cornstarch.
- ☐ In a large nonstick skillet, heat 2 tablespoons of the peanut oil until shimmering.
- ☐ Add the pork in a single layer and fry over high heat, undisturbed, until nearly cooked but still pink in the center, about 1 1/2 minutes.
- ☐ Add the ginger and garlic and cook, stirring, just until fragrant, about 1 minute.
- ☐ Transfer the pork to a plate.
- ☐ Add the remaining 2 tablespoons of peanut oil to the skillet and heat until just smoking.
- ☐ Add the mushrooms and scallions, season with salt and cook over high heat, stirring occasionally, until lightly browned, about 5 minutes. Return the pork and any accumulated juices to the skillet and toss with the mushrooms and scallions. Stir the sauce, add it to the skillet and bring to a boil. Cook until thickened, about 30 seconds.
- ☐ Serve at once.
- ☐ Serve With: Steamed rice.

Nutrition Facts



Properties

Glycemic Index:72.27, Glycemic Load:4.01, Inflammation Score:-5, Nutrition Score:25.016956464104%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 332.11kcal (16.61%), Fat: 18.2g (27.99%), Saturated Fat: 3.69g (23.06%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 12.22g (4.44%), Sugar: 7.08g (7.87%), Cholesterol: 73.71mg (24.57%), Sodium: 828.03mg (36%), Alcohol: 0.39g (100%), Alcohol %: 0.17% (100%), Protein: 27.58g (55.16%), Vitamin B1: 1.15mg (76.79%), Vitamin B6: 1.2mg (59.95%), Vitamin B3: 11.8mg (59%), Selenium: 39.91µg (57.01%), Vitamin K: 52.07µg (49.59%), Phosphorus: 407.54mg (40.75%), Vitamin B2: 0.62mg (36.66%), Potassium: 854.06mg (24.4%), Vitamin B5: 2.3mg (23.01%), Zinc: 3.22mg (21.44%), Manganese: 0.36mg (17.8%), Vitamin E: 2.6mg (17.3%), Magnesium: 59.08mg (14.77%), Copper: 0.29mg (14.37%), Iron: 2.19mg (12.18%), Fiber: 2.96g (11.86%), Vitamin B12: 0.62µg (10.32%), Folate: 29.49µg (7.37%), Vitamin C: 5.84mg (7.08%), Vitamin A: 280.61IU (5.61%), Vitamin D: 0.68µg (4.54%), Calcium: 35.94mg (3.59%)