



Pork with Peaches Stir-Fry

 Dairy Free

READY IN



290 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli florets
- 1 large carrots sliced
- 1 tablespoon flour all-purpose
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground ginger
- 0.3 cup juice of lemon
- 1 large onion diced
- 15 ounce peaches with juice sliced canned

- 1 pound goat meat cubed
- 2 teaspoons sesame oil
- 0.3 cup soya sauce

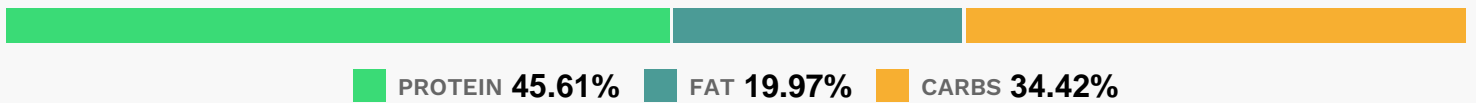
Equipment

- bowl
- casserole dish
- wok

Directions

- In a glass bowl or casserole dish, combine the lemon juice, soy sauce, ground ginger, and garlic powder.
- Place the pork into the dish, cover and refrigerate for several hours or overnight.
- Heat the oil in a wok over medium-high heat.
- Add the pork, marinade and onion, and cook stirring constantly until the meat is cooked through. Throw in the carrot and broccoli, and cook for a few minutes, then add the peaches with the juice, and bring the mixture to a boil.
- Sprinkle the flour over the mixture, and stir in. Cook, stirring, until the sauce thickens.
- Serve over rice or noodles.

Nutrition Facts



Properties

Glycemic Index:60.27, Glycemic Load:6.47, Inflammation Score:-10, Nutrition Score:22.69652197672%

Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epigallocatechin: 1.11mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol:

0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg

Nutrients (% of daily need)

Calories: 242.68kcal (12.13%), Fat: 5.47g (8.42%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 21.22g (7.07%), Net Carbohydrates: 17.61g (6.4%), Sugar: 12.4g (13.78%), Cholesterol: 72.57mg (24.19%), Sodium: 977.24mg (42.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.12g (56.24%), Vitamin A: 3531.15IU (70.62%), Vitamin B3: 13.77mg (68.87%), Selenium: 40.29µg (57.56%), Vitamin B6: 1.03mg (51.51%), Vitamin C: 35.76mg (43.34%), Phosphorus: 317.78mg (31.78%), Vitamin K: 29.43µg (28.03%), Potassium: 789.74mg (22.56%), Vitamin B5: 2.09mg (20.91%), Manganese: 0.38mg (18.88%), Fiber: 3.61g (14.44%), Magnesium: 56.63mg (14.16%), Vitamin B2: 0.23mg (13.42%), Vitamin B1: 0.17mg (11.47%), Folate: 45.09µg (11.27%), Vitamin E: 1.35mg (9%), Iron: 1.59mg (8.86%), Copper: 0.18mg (8.77%), Zinc: 1.21mg (8.04%), Calcium: 39.86mg (3.99%), Vitamin B12: 0.23µg (3.78%)