



Pork with sweet & sour onion sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g rice wild mixed
- ☐ 600 g pork tenderloin cut into 4cm-thick slices
- ☐ 2 tbsp pepper black freshly ground ()
- ☐ 2 tbsp olive oil
- ☐ 1 large onion red halved sliced
- ☐ 150 ml apple cider vinegar
- ☐ 75 ml maple syrup
- ☐ 1 small bunch parsley chopped

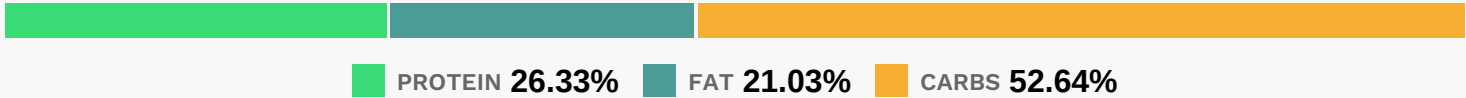
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Boil the rice in plenty of water, following pack instructions, until cooked.
- ☐ Drain, return to the pot and cover to keep warm.
- ☐ Meanwhile, sprinkle the meat on all sides with the black pepper and some salt.
- ☐ Heat 1 tbsp of the oil in a large frying pan. Sear the meat on both sides until nicely browned.
- ☐ Remove from the pan.
- ☐ Add the remaining oil and the onion to the pan. Cook for 5 mins, then pour in the vinegar and let reduce for 1 min. Stir in the maple syrup, then return the pork to the pan and heat for 5 mins until cooked through.
- ☐ Serve the pork and sauce spooned over the rice and scattered with the parsley.

Nutrition Facts



Properties

Glycemic Index:57.17, Glycemic Load:37.57, Inflammation Score:-8, Nutrition Score:35.694783003434%

Flavonoids

Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 570.52kcal (28.53%), Fat: 12.95g (19.92%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 72.9g (24.3%), Net Carbohydrates: 70.4g (25.6%), Sugar: 16.82g (18.69%), Cholesterol: 97.5mg (32.5%), Sodium: 95.14mg (4.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.47g (72.94%), Vitamin K: 243µg (231.43%), Vitamin B1: 1.56mg (104.12%), Manganese: 1.82mg (91.16%), Selenium: 55.22µg (78.89%), Vitamin B6: 1.3mg (65.23%), Vitamin

B3: 11.19mg (55.94%), Vitamin B2: 0.89mg (52.18%), Phosphorus: 460.39mg (46.04%), Zinc: 3.91mg (26.1%), Potassium: 905.48mg (25.87%), Vitamin C: 20.99mg (25.44%), Vitamin A: 1220.38IU (24.41%), Vitamin B5: 2.02mg (20.22%), Magnesium: 78.38mg (19.6%), Iron: 3.33mg (18.5%), Copper: 0.35mg (17.29%), Vitamin B12: 0.78µg (13%), Vitamin E: 1.55mg (10.34%), Fiber: 2.51g (10.04%), Calcium: 96.32mg (9.63%), Folate: 32.4µg (8.1%), Vitamin D: 0.45µg (3%)