



Rick's Pork and Vegetable Hot Pots

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



1184 kcal

SIDE DISH

Ingredients

- 2 carrots thinly sliced (6 oz. total)
- 1.5 cups chicken broth
- 0.8 pound slender eggplant
- 2 cloves garlic minced
- 4 servings green onions thinly sliced
- 2 tablespoons hoisin sauce
- 0.3 pound mushrooms rinsed quartered
- 0.5 lb onion

- 1 pound fat-trimmed boned pork shoulder
- 0.5 lb bell pepper red
- 1 tablespoon salad oil
- 1 teaspoon asian sesame oil toasted ()
- 4 servings soya sauce
- 2 tablespoons shao hsing wine dry (rice wine)

Equipment

- bowl
- frying pan

Directions

- Cut meat into 3/4-inch chunks.
- Trim and discard eggplant stems.
- Cut eggplant into 3/4-inch chunks.
- Stem and seed bell pepper.
- Cut into 3/4-inch chunks.
- Peel onion and cut into 3/4-inch chunks.
- Place a 5- to 6-quart pan over high heat.
- Add 2 teaspoons oil and swirl to coat pan.
- Add pork and garlic; stir occasionally until lightly browned, 10 to 15 minutes.
- Pour from pan into a bowl.
- To pan, add 1 teaspoon oil, onion, carrots, and mushrooms; stir-fry over high heat until onion begins to brown, about 10 minutes.
- Add hoisin sauce, wine, broth, and pork. Stir until boiling to release browned bits in pan. Cover and simmer over low heat 10 minutes; stir often.
- Add eggplant and bell pepper to pan.
- Mix, cover, and simmer over low heat until pork is very tender when pierced, 30 to 40 minutes longer; stir occasionally.

Add sesame oil and soy sauce to taste.

Garnish portions with green onions.

Nutrition Facts

PROTEIN 2.05% **FAT 90%** **CARBS 7.95%**

Properties

Glycemic Index:64.96, Glycemic Load:4.18, Inflammation Score:-10, Nutrition Score:21.689999890068%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.41mg, Quercetin: 12.41mg, Quercetin: 12.41mg, Quercetin: 12.41mg

Nutrients (% of daily need)

Calories: 1184.05kcal (59.2%), Fat: 118.94g (182.99%), Saturated Fat: 45.02g (281.4%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 17.21g (6.26%), Sugar: 12.89g (14.32%), Cholesterol: 109.73mg (36.58%), Sodium: 1492.31mg (64.88%), Alcohol: 0.77g (100%), Alcohol %: 0.19% (100%), Protein: 6.11g (12.22%), Vitamin A: 6953.47IU (139.07%), Vitamin C: 82.66mg (100.2%), Manganese: 0.58mg (29.25%), Fiber: 6.4g (25.6%), Vitamin K: 25.15µg (23.96%), Vitamin B6: 0.44mg (22.15%), Vitamin B2: 0.33mg (19.47%), Potassium: 676.37mg (19.32%), Vitamin D: 2.89µg (19.28%), Folate: 75.22µg (18.8%), Vitamin E: 2.77mg (18.43%), Vitamin B3: 3.54mg (17.72%), Copper: 0.26mg (13.1%), Phosphorus: 122.48mg (12.25%), Vitamin B1: 0.17mg (11.27%), Vitamin B5: 1.09mg (10.94%), Magnesium: 42.92mg (10.73%), Iron: 1.5mg (8.32%), Selenium: 4.39µg (6.27%), Zinc: 0.93mg (6.23%), Calcium: 52.97mg (5.3%)