

DINNER

# Sam's Sweet-and-Sour Pork

13 September 2026

| TOTAL TIME | SERVES | PER SERVING | CALORIES |
|------------|--------|-------------|----------|
| 45 min     | 6      | \$1.47      | 317 kcal |



Sam's Sweet-and-Sour Pork requires around 45 minutes from start to finish. This recipe makes 6 servings with 530 calories, 25g of protein, and 6g of fat each. For \$1.47 per serving, this recipe covers 18% of your daily requirements of vitamins and minerals.

## Ingredients

- ☐ 1 pound boneless pork loin, cut into 1/2-inch cubes
- ☐ 1 cup catsup
- ☐ 1 teaspoon garlic, minced
- ☐ 1 tablespoon oil
- ☐ ¼ teaspoon pepper
- ☐ 1 cup red pepper, cut into 3/4-inch cubes
- ☐ 1 tablespoon white vinegar
- ☐ 1 tablespoon brown sugar, packed
- ☐ 6 servings cooked rice
- ☐ 1 cup green pepper, cut into 3/4-inch cubes
- ☐ 1 cup onion, chopped
- ☐ 8 oz pineapple chunks, drained  
canned
- ☐ ½ teaspoon salt

# Method

- 1 Heat oil in a large skillet; brown pork on both sides.
- 2 Add onion, peppers and garlic; cook and stir 5 minutes.
- 3 Drain; add remaining ingredients except rice.
- 4 Cover and simmer 10 minutes, or until pork is tender.
- 5 Serve over hot rice.

| Nutrition per serving |      |         |                              |
|-----------------------|------|---------|------------------------------|
|                       | 317  | 20 g    | 6 g                          |
|                       | KCAL | PROTEIN | FAT                          |
|                       |      |         | 46 g                         |
|                       |      |         | CARBS                        |
| Saturated Fat         |      |         | 1.2 g · 8% of daily needs    |
| Fibre                 |      |         | 2.4 g · 9% of daily needs    |
| Sugar                 |      |         | 18.7 g · 21% of daily needs  |
| Sodium                |      |         | 598 mg · 26% of daily needs  |
| Cholesterol           |      |         | 47.6 mg · 16% of daily needs |
| Vitamin C             |      |         | 59.1 mg · 72% of daily needs |

Adapted from My Recipes. Find this recipe, ratings and more ideas at [whatsheate.com/sams-sweet-and-sour-pork-142377](https://whatsheate.com/sams-sweet-and-sour-pork-142377)