



WHATSheATE



Sesame Pork Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons bottled garlic divided minced
- ☐ 1 tablespoon sesame oil dark divided
- ☐ 0.5 cup spring onion chopped
- ☐ 1 teaspoon ground ginger fresh divided
- ☐ 2 tablespoons hoisin sauce
- ☐ 3 tablespoons soy sauce low-sodium
- ☐ 1 pound pork loin chops boneless cut into bite-sized pieces
- ☐ 7 ounce rice long-grain

- ☐ 2 tablespoons rice vinegar
- ☐ 1 tablespoon sesame seed toasted

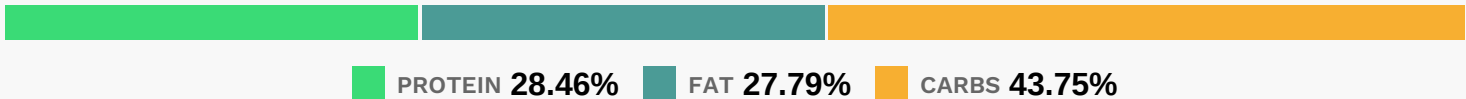
Equipment

- ☐ frying pan

Directions

- ☐ Cook rice according to package directions; omit salt.
- ☐ Drain well; set aside.
- ☐ While rice cooks, toss pork with 1/2 teaspoon garlic and 1/2 teaspoon ginger.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add pork; saut 3 minutes or until done.
- ☐ Remove from pan; keep warm.
- ☐ Heat 1 teaspoon oil in pan over medium-high heat; add 1 teaspoon garlic and 1/2 teaspoon ginger; saut 30 seconds.
- ☐ Add rice, soy sauce, hoisin sauce, and vinegar; cook 2 minutes, stirring constantly. Stir in pork; cook 2 minutes or until thoroughly heated.
- ☐ Sprinkle with green onions and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:52.05, Glycemic Load:24.32, Inflammation Score:-4, Nutrition Score:20.589565401492%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 433.6kcal (21.68%), Fat: 13.05g (20.08%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 46.23g (15.41%), Net Carbohydrates: 44.61g (16.22%), Sugar: 2.64g (2.93%), Cholesterol: 76.22mg (25.41%), Sodium: 621.35mg

(27.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.07g (60.15%), Selenium: 46.58µg (66.54%), Vitamin B1: 0.82mg (54.86%), Vitamin B3: 10.3mg (51.5%), Vitamin B6: 0.98mg (48.93%), Manganese: 0.89mg (44.52%), Phosphorus: 357.53mg (35.75%), Vitamin K: 26.48µg (25.22%), Zinc: 2.66mg (17.76%), Vitamin B2: 0.3mg (17.54%), Potassium: 589.93mg (16.86%), Magnesium: 63.23mg (15.81%), Copper: 0.29mg (14.46%), Vitamin B5: 1.4mg (13.95%), Iron: 1.82mg (10.09%), Vitamin B12: 0.6µg (10.02%), Fiber: 1.62g (6.5%), Calcium: 60.93mg (6.09%), Folate: 21.15µg (5.29%), Vitamin C: 2.97mg (3.6%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.4mg (2.65%), Vitamin A: 130.14IU (2.6%)