



Sour Beans with Minced Pork

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

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup matchstick-cut carrot
- 1.5 teaspoons cornstarch
- 1 teaspoon pepper red crushed
- 0.3 cup less-sodium chicken broth fat-free
- 1 tablespoon ginger fresh minced peeled
- 1 tablespoon garlic fresh minced
- 1.3 pounds green beans trimmed
- 0.3 cup green onions thinly sliced

- 0.5 pound ground pork lean
- 3 tablespoons soya sauce low-sodium
- 4 teaspoons vegetable oil; peanut oil preferred
- 3.5 ounce boil-in-bag rice long-grain
- 1 cup rice vinegar
- 1 cup vinegar white

Equipment

- frying pan
- sauce pan
- whisk

Directions

- Cook rice according to directions.
- Bring vinegars to a boil in a large saucepan.
- Add beans; cook 2 minutes.
- Drain beans (do not rinse).
- Heat oil in a large nonstick skillet over medium-high heat.
- Add ginger, garlic, and pepper; saut 30 seconds.
- Add pork to pan; cook 2 minutes or until browned, stirring to crumble.
- Add beans; cook 2 minutes, stirring occasionally.
- Combine broth, soy sauce, and cornstarch; stir with a whisk. Stir broth mixture into pork mixture; cook 1 minute or until thickened. Divide rice among 4 plates; top evenly with pork mixture.
- Sprinkle with onions and carrot.

Nutrition Facts

 PROTEIN 17.93%  FAT 43.22%  CARBS 38.85%

Properties

Glycemic Index:82.75, Glycemic Load:15.35, Inflammation Score:-9, Nutrition Score:21.546521725862%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 364.1kcal (18.21%), Fat: 16.69g (25.67%), Saturated Fat: 5.28g (33.01%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 28.81g (10.48%), Sugar: 5.45g (6.05%), Cholesterol: 40.82mg (13.61%), Sodium: 569.1mg (24.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.15%), Vitamin K: 79.87µg (76.07%), Vitamin A: 2550.02IU (51%), Manganese: 0.78mg (38.8%), Vitamin B1: 0.57mg (38.02%), Selenium: 20.14µg (28.76%), Vitamin B6: 0.53mg (26.69%), Vitamin C: 20.44mg (24.78%), Phosphorus: 219.85mg (21.99%), Vitamin B3: 4.35mg (21.73%), Vitamin B2: 0.34mg (20.26%), Fiber: 4.93g (19.73%), Potassium: 614.46mg (17.56%), Magnesium: 66.8mg (16.7%), Folate: 64.31µg (16.08%), Iron: 2.67mg (14.82%), Zinc: 2.07mg (13.82%), Copper: 0.22mg (11.04%), Vitamin B5: 1.06mg (10.58%), Vitamin E: 1.58mg (10.54%), Calcium: 93.54mg (9.35%), Vitamin B12: 0.43µg (7.25%)