



Soy-Glazed Pork



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons blackstrap molasses
- ☐ 1 lbs pork butt boneless thick trimmed cut into thin strips 2 in. long and 1/2 in.
- ☐ 1.5 tablespoons soya sauce
- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 0.3 teaspoon pepper white
- ☐ 1 small onion yellow halved thinly sliced

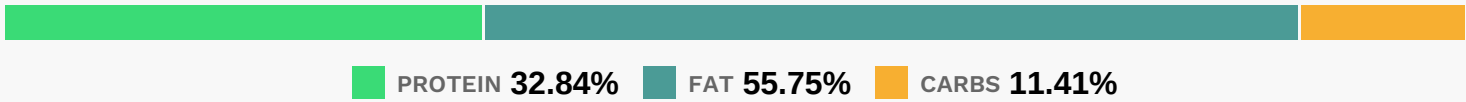
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat a wok or large frying pan over high heat.
- ☐ Add oil and swirl wok to coat. Cook onion, stirring often, until starting to brown, about 2 minutes.
- ☐ Add pork and cook, stirring as needed, until browned, about 15 minutes.
- ☐ Mix remaining ingredients in a small bowl and add to pork, stirring to coat. Cover, reduce heat to low, and simmer until pork is tender, about 20 minutes. If meat starts to stick, add 2 tbsp. water.
- ☐ Make ahead: Up to 2 days ahead, covered and chilled. Reheat over medium heat.

Nutrition Facts



Properties

Glycemic Index:26.02, Glycemic Load:2.44, Inflammation Score:-2, Nutrition Score:10.007391276567%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 181.98kcal (9.1%), Fat: 11.14g (17.14%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 4.88g (1.77%), Sugar: 4.31g (4.79%), Cholesterol: 45.36mg (15.12%), Sodium: 495.65mg (21.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.54%), Selenium: 21.84µg (31.21%), Vitamin B1: 0.43mg (28.72%), Vitamin B6: 0.43mg (21.63%), Vitamin B2: 0.3mg (17.7%), Vitamin B3: 3.53mg (17.65%), Zinc: 2.59mg (17.25%), Phosphorus: 162.81mg (16.28%), Vitamin B5: 1.23mg (12.35%), Vitamin K: 12.55µg (11.95%), Vitamin B12: 0.69µg (11.47%), Potassium: 317.06mg (9.06%), Iron: 1.16mg (6.47%), Magnesium: 25.33mg (6.33%), Copper: 0.1mg

(5.01%), Vitamin E: 0.74mg (4.93%), Manganese: 0.09mg (4.36%), Vitamin D: 0.45µg (3.02%), Calcium: 19.31mg (1.93%), Vitamin C: 0.88mg (1.07%), Fiber: 0.26g (1.02%)