



Spiced pineapple pork



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 2 tsp vegetable oil
- ☐ 4 pork steaks trimmed
- ☐ 2 tbsp g muscovado sugar light
- ☐ 1 tsp tomato purée
- ☐ 432 g pineapple rings drained canned
- ☐ 0.5 tsp chili powder
- ☐ 1 tsp five spice powder chinese
- ☐ 1 leaves cilantro leaves

☐ 1 tbsp soya sauce dark

Equipment

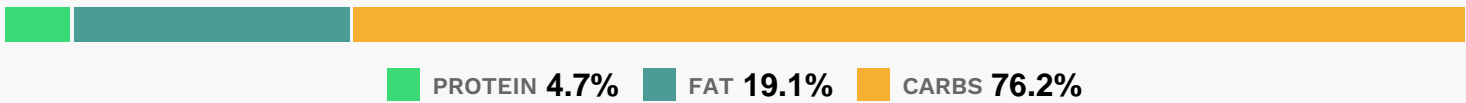
☐ bowl

☐ frying pan

Directions

- ☐ Add the oil to a large non-stick pan, season the steaks well, then fry for 5 mins on each side until golden and almost cooked through.
- ☐ Mix the sugar, soy, tomato pure and most of the pineapple juice in a bowl.
- ☐ Add the pineapple rings to the pan and let them caramelise a little alongside the pork.
- ☐ Add the chilli and five-spice to the pan, then fry for 1 min until aromatic. Tip in the soy mix and let it bubble around the pork and pineapple for a few mins until slightly reduced and sticky.
- ☐ Sprinkle with coriander, and serve with rice and Chinese greens.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:3.7826087115252%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 116.27kcal (5.81%), Fat: 2.64g (4.06%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 21.98g (7.99%), Sugar: 21.37g (23.75%), Cholesterol: 0.6mg (0.2%), Sodium: 260.87mg (11.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin C: 10.54mg (12.77%), Vitamin B1: 0.12mg (8.2%), Copper: 0.14mg (7.07%), Fiber: 1.73g (6.92%), Vitamin K: 6.06µg (5.77%), Vitamin B6: 0.11mg (5.64%), Magnesium: 21.26mg (5.31%), Potassium: 181.51mg (5.19%), Iron: 0.91mg (5.08%), Vitamin A: 179.15IU (3.58%), Calcium: 31.22mg (3.12%), Vitamin B3: 0.62mg (3.11%), Manganese: 0.06mg (2.9%), Vitamin E: 0.36mg (2.42%), Vitamin B2: 0.04mg (2.39%), Phosphorus: 21.6mg (2.16%), Folate: 6.73µg (1.68%), Zinc: 0.24mg (1.57%), Selenium: 0.95µg (1.36%)