



Spicy Pork and Cashew Stir-Fry with Snow Peas and Red Pepper

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 lb pork loin boneless thinly sliced cut into 2- by 1/4-inch strips
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon sherry
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 teaspoons garlic minced
- ☐ 3 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 large bell pepper red cut into 1/4-inch-thick strips

- ☐ 0.5 teaspoon pepper dried red hot
- ☐ 4 servings rice
- ☐ 1 cup roasted cashews salted
- ☐ 2 teaspoons sesame oil
- ☐ 0.5 lb snow peas trimmed
- ☐ 3 tablespoons soya sauce
- ☐ 1 teaspoon sugar

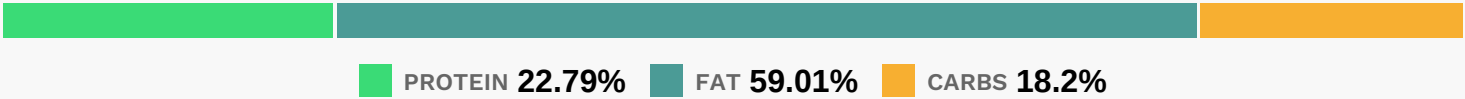
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Stir together Sherry, cornstarch, and 1 tablespoon soy sauce, then stir in sesame oil.
- ☐ Add pork, stirring to coat well, and let stand 10 minutes.
- ☐ Stir together sugar and remaining 2 tablespoons soy sauce.
- ☐ Heat a wok or large nonstick skillet over high heat until a bead of water dropped on cooking surface evaporates immediately.
- ☐ Add 1 1/2 tablespoons peanut oil, swirling wok to coat evenly, then stir-fry 1 teaspoon ginger, 1 teaspoon garlic, and 1/4 teaspoon pepper flakes until fragrant, about 5 seconds.
- ☐ Add bell pepper and stir-fry 2 minutes.
- ☐ Add snow peas and cashews and stir-fry until snow peas are crisp-tender, 1 to 2 minutes.
- ☐ Transfer vegetables to a bowl.
- ☐ Heat remaining 1 1/2 tablespoons peanut oil in wok until just smoking, then stir-fry remaining ginger, garlic, and pepper flakes until fragrant, about 5 seconds.
- ☐ Add pork and stir-fry, separating strips, until browned and barely cooked through, 2 to 3 minutes.
- ☐ Add vegetables and sweetened soy sauce, then stir-fry until vegetables are just heated through, about 1 minute more.

Nutrition Facts



Properties

Glycemic Index:59.57, Glycemic Load:1.97, Inflammation Score:-9, Nutrition Score:28.423478354578%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 480.06kcal (24%), Fat: 32.14g (49.44%), Saturated Fat: 6.32g (39.47%), Carbohydrates: 22.31g (7.44%), Net Carbohydrates: 18.67g (6.79%), Sugar: 7.02g (7.8%), Cholesterol: 53.58mg (17.86%), Sodium: 1023.71mg (44.51%), Alcohol: 0.39g (100%), Alcohol %: 0.19% (100%), Protein: 27.92g (55.84%), Vitamin C: 87.02mg (105.48%), Vitamin B6: 1mg (49.79%), Copper: 0.89mg (44.59%), Phosphorus: 422.78mg (42.28%), Selenium: 28.57µg (40.82%), Vitamin A: 1974.29IU (39.49%), Vitamin B1: 0.57mg (37.68%), Magnesium: 136.92mg (34.23%), Vitamin B3: 6.71mg (33.54%), Manganese: 0.59mg (29.4%), Vitamin K: 28.72µg (27.35%), Zinc: 3.81mg (25.41%), Iron: 4.29mg (23.85%), Potassium: 759.02mg (21.69%), Vitamin E: 3.07mg (20.48%), Vitamin B2: 0.33mg (19.64%), Folate: 69.08µg (17.27%), Vitamin B5: 1.68mg (16.81%), Fiber: 3.63g (14.52%), Vitamin B12: 0.43µg (7.23%), Calcium: 53.96mg (5.4%), Vitamin D: 0.34µg (2.27%)