



Spicy Sweet-and-Sour Pork



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 1 teaspoon bottled ginger minced
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup cider vinegar
- ☐ 2 tablespoons cornstarch divided
- ☐ 1 cup bell pepper green chopped
- ☐ 0.3 cup slivered green onions
- ☐ 2 tablespoons catsup

- ☐ 3 tablespoons soya sauce low-sodium divided
- ☐ 1 cup prechopped onion
- ☐ 8 ounce pineapple chunks in juice undrained canned
- ☐ 1 pound pork tenderloin cut into 3/4-inch cubes
- ☐ 0.3 cup slivered almonds
- ☐ 2 teaspoons sriracha such as huy fong) hot
- ☐ 0.3 cup sugar

Equipment

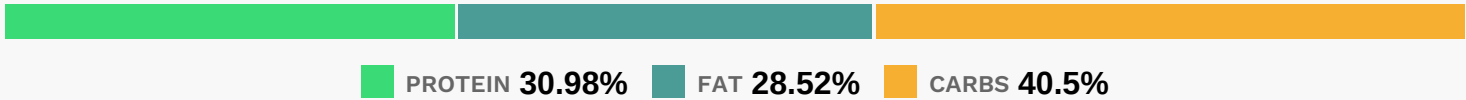
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve

Directions

- ☐ Preheat oven to 40
- ☐ Place almonds on a baking sheet; bake at 400 for 4 minutes or until toasted. Set aside.
- ☐ While almonds cook, combine pork, 1 tablespoon cornstarch, and 1 tablespoon soy sauce; toss well to coat.
- ☐ Drain pineapple in a sieve over a bowl, reserving juice.
- ☐ Combine juice, remaining 1 tablespoon cornstarch, remaining 2 tablespoons soy sauce, vinegar, and next 3 ingredients (through Sriracha), stirring with a whisk.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add canola oil to pan; swirl to coat.
- ☐ Add pork to pan; saut 3 minutes, stirring frequently.

- ☐ Add 1 cup onion, ginger, and garlic; saut 1 minute. Stir in pineapple and bell pepper; saut 3 minutes, stirring frequently. Stir in vinegar mixture; bring to a boil. Cook 1 minute, stirring constantly.
- ☐ Sprinkle with almonds and green onions.
- ☐ Combine 1 cup uncooked basmati rice, 1 1/4 cups water, 1/2 cup light coconut milk, and 1/4 teaspoon salt in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 16 minutes or until liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:9.96, Inflammation Score:-7, Nutrition Score:23.744782510011%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 2.18mg, Isorhamnetin: 2.18mg, Isorhamnetin: 2.18mg, Isorhamnetin: 2.18mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.71mg, Quercetin: 9.71mg, Quercetin: 9.71mg, Quercetin: 9.71mg

Nutrients (% of daily need)

Calories: 348.64kcal (17.43%), Fat: 11.15g (17.16%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 32.39g (11.78%), Sugar: 25.36g (28.18%), Cholesterol: 73.71mg (24.57%), Sodium: 617.7mg (26.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.26g (54.52%), Vitamin B1: 1.24mg (82.41%), Vitamin B6: 1.1mg (54.92%), Selenium: 35.51µg (50.73%), Vitamin C: 41.47mg (50.27%), Vitamin B3: 8.42mg (42.11%), Phosphorus: 358.54mg (35.85%), Vitamin B2: 0.54mg (31.98%), Potassium: 791.44mg (22.61%), Vitamin E: 2.95mg (19.64%), Manganese: 0.39mg (19.48%), Magnesium: 77.24mg (19.31%), Vitamin K: 19.03µg (18.13%), Zinc: 2.66mg (17.73%), Copper: 0.3mg (14.9%), Fiber: 3.24g (12.97%), Iron: 2.08mg (11.57%), Vitamin B5: 1.12mg (11.22%), Vitamin B12: 0.59µg (9.83%), Folate: 27.36µg (6.84%), Calcium: 58.93mg (5.89%), Vitamin A: 273.39IU (5.47%), Vitamin D: 0.34µg (2.27%)