



## Sticky Thai pork



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



242 kcal

SIDE DISH

## Ingredients

- ☐ 1 ginger fresh
- ☐ 1 garlic clove roughly chopped
- ☐ 2 to 2 chilies slit green
- ☐ 1 small bunch cilantro leaves with the root intact, chop that instead) finely chopped canned
- ☐ 50 g fish sauce dried drained for 10 mins, then
- ☐ 1 tbsp vegetable oil
- ☐ 200 g ground pork minced
- ☐ 1 tsp fish sauce

- ☐ 100 g g muscovado sugar light
- ☐ 0.5 pineapple peeled sliced very thinly

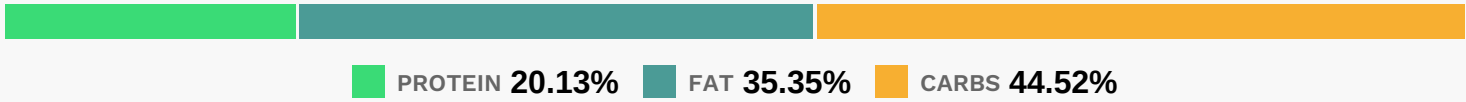
## Equipment

- ☐ food processor
- ☐ wok

## Directions

- ☐ Put the ginger, garlic, chilli, coriander stalks (or root) and shrimp into a food processor and whizz to a paste.
- ☐ Heat a wok, add the oil, then add the paste. Fry until fragrant.
- ☐ Add the pork, stir well and fry for 5 mins until cooked through. Stir in the fish sauce and the palm sugar, then cook for a good 10 mins more, until the meat becomes sticky, dark and caramelised. Can be made up to 2 days ahead, then reheated. Cool a little, top each pineapple slice with a teaspoon of the sticky pork and devour.

## Nutrition Facts



## Properties

Glycemic Index:22.61, Glycemic Load:5.25, Inflammation Score:-2, Nutrition Score:9.468695645747%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## Nutrients (% of daily need)

Calories: 241.8kcal (12.09%), Fat: 9.77g (15.03%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 26.07g (9.48%), Sugar: 24.17g (26.85%), Cholesterol: 119mg (39.67%), Sodium: 446.72mg (19.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.52g (25.04%), Vitamin C: 38.66mg (46.86%), Manganese: 0.73mg (36.61%), Vitamin B1: 0.31mg (20.39%), Selenium: 8.66µg (12.37%), Vitamin B6: 0.23mg (11.65%), Vitamin B3: 1.89mg (9.46%), Vitamin K: 8.84µg (8.42%), Iron: 1.28mg (7.1%), Phosphorus: 66.9mg (6.69%), Fiber: 1.62g (6.49%), Calcium: 64.05mg (6.41%), Vitamin B2: 0.11mg (6.24%), Potassium: 216.71mg (6.19%), Copper: 0.11mg (5.67%), Zinc: 0.85mg (5.65%), Magnesium: 19.61mg (4.9%), Folate: 16.89µg (4.22%), Vitamin B5: 0.42mg

(4.19%), Vitamin B12: 0.24µg (3.97%), Vitamin A: 136.21IU (2.72%), Vitamin E: 0.24mg (1.58%)