



Stir-fried Pork and Long Beans

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



271 kcal

SIDE DISH

Ingredients

- 2 teaspoons asian chili garlic sauce
- 1 tablespoon cooking sherry dry
- 0.5 pound ground pork
- 1 tablespoon soya sauce
- 2 tablespoons vegetable oil divided
- 1 pound long beans trimmed cut into 3-in. lengths

Equipment

- bowl

frying pan

wok

Directions

Heat a wok or large frying pan over medium-high heat.

Add 1 tbsp. oil, swirling to coat pan.

Add beans; stir-fry until blistered and mostly tender, about 6 minutes.

Transfer beans to a bowl.

Heat remaining 1 tbsp. oil in wok.

Add pork and cook, stirring frequently to break up big pieces, about 2 minutes. Stir in sherry, soy sauce, and chili garlic sauce and cook until pork is no longer pink, about 3 minutes. Return beans to wok and stir-fry until hot.

Nutrition Facts

 **PROTEIN 19.74%**  **FAT 64.74%**  **CARBS 15.52%**

Properties

Glycemic Index:7.5, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:12.249130531498%

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

Nutrients (% of daily need)

Calories: 271.2kcal (13.56%), Fat: 19.27g (29.65%), Saturated Fat: 5.62g (35.12%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 10.26g (3.73%), Sugar: 0.55g (0.61%), Cholesterol: 40.82mg (13.61%), Sodium: 410.67mg (17.86%), Alcohol: 0.39g (100%), Alcohol %: 0.26% (100%), Protein: 13.22g (26.44%), Vitamin B1: 0.54mg (35.95%), Vitamin C: 21.72mg (26.32%), Selenium: 15.69µg (22.41%), Vitamin A: 984.86IU (19.7%), Folate: 73.99µg (18.5%), Phosphorus: 172.65mg (17.27%), Magnesium: 62.84mg (15.71%), Vitamin B2: 0.27mg (15.61%), Vitamin B3: 3.11mg (15.53%), Manganese: 0.26mg (13.25%), Potassium: 447.08mg (12.77%), Vitamin B6: 0.26mg (12.76%), Vitamin K: 12.52µg (11.92%), Zinc: 1.69mg (11.27%), Vitamin B12: 0.4µg (6.61%), Calcium: 65.87mg (6.59%), Iron: 1.15mg (6.39%), Vitamin B5: 0.46mg (4.6%), Copper: 0.09mg (4.31%), Vitamin E: 0.56mg (3.71%)