



 **47%**
HEALTH SCORE

Stir-Fried Pork in Plum and Soy Sauce

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 200 g asparagus trimmed
- 200 g bean sprouts
- 1 onion sliced
- 1 teaspoon ginger fresh grated
- 3 garlic clove crushed
- 1 tablespoon hoisin sauce blue
- 2 tablespoons soy sauce light
- 2 tablespoons vegetable oil; peanut oil preferred divided

- 0.5 cup plum sauce with a hint of ginger
- 600 g pork tenderloin sliced in thin strips
- 1 small bell pepper red sliced
- 100 g sugar snap peas trimmed
- 1 small bell pepper yellow sliced

Equipment

Directions

Heat 1 Tablespoon oil in a wok and stir-fry pork, in batches, until browned, remove from wok and set to one side.

Heat remaining oil in wok, add onion, garlic and ginger, stir-fry 1 Minute.

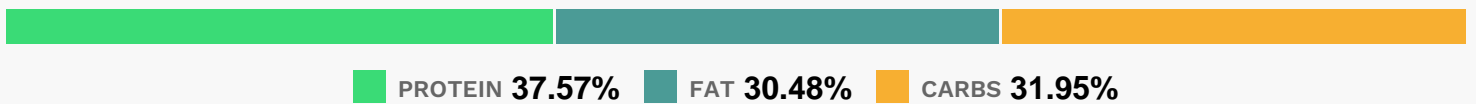
Add red and yellow peppers stir-fry 1 minute, add soy sauce, return pork to pan, stir-fry until peppers start to soften.

Add asparagus, peas, sprouts, plum and hoi sin sauces, stir-fry until remaining veg are just tender, you still want a nice crunch.

Cooking time will be longer if not using a wok.

To Serve: Either serve as is for low carb or serve over jasmine rice.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:1.37, Inflammation Score:-9, Nutrition Score:34.958695652174%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 4.23mg, Isorhamnetin: 4.23mg, Isorhamnetin: 4.23mg, Isorhamnetin: 4.23mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 12.92mg, Quercetin: 12.92mg, Quercetin: 12.92mg, Quercetin: 12.92mg

Nutrients (% of daily need)

Calories: 386.29kcal (19.31%), Fat: 13.17g (20.27%), Saturated Fat: 3.12g (19.5%), Carbohydrates: 31.07g (10.36%), Net Carbohydrates: 26.94g (9.8%), Sugar: 7.22g (8.03%), Cholesterol: 97.62mg (32.54%), Sodium: 858.31mg (37.32%), Protein: 36.54g (73.07%), Vitamin B1: 1.67mg (111.25%), Vitamin C: 85mg (103.03%), Vitamin B6: 1.47mg (73.69%), Selenium: 47.91µg (68.44%), Vitamin B3: 12.11mg (60.57%), Phosphorus: 473.2mg (47.32%), Vitamin B2: 0.74mg (43.69%), Vitamin K: 44.67µg (42.55%), Potassium: 1067.09mg (30.49%), Vitamin A: 1296.87IU (25.94%), Iron: 4.57mg (25.36%), Zinc: 3.62mg (24.16%), Manganese: 0.47mg (23.51%), Folate: 90.5µg (22.62%), Copper: 0.42mg (20.91%), Magnesium: 81.1mg (20.28%), Vitamin B5: 1.97mg (19.67%), Fiber: 4.13g (16.52%), Vitamin E: 2.45mg (16.36%), Vitamin B12: 0.78µg (13%), Calcium: 59.71mg (5.97%), Vitamin D: 0.45µg (3%)