



## Stir-Fried Pork with Broccoli and Cashews

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

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups broccoli florets
- 2 cups rice long-grain hot cooked
- 0.3 teaspoon pepper red crushed
- 2 teaspoons sesame oil dark
- 0.5 cup less-sodium chicken broth fat-free
- 1 tablespoon ginger fresh minced peeled
- 3 garlic cloves minced
- 0.5 cup green onions chopped

- 3 tablespoons soya sauce low-sodium
- 1 pound pork tenderloin cut into thin slices
- 0.5 cup dry-roasted cashews chopped
- 1 tablespoon sugar
- 4 cups onion sweet vertically sliced

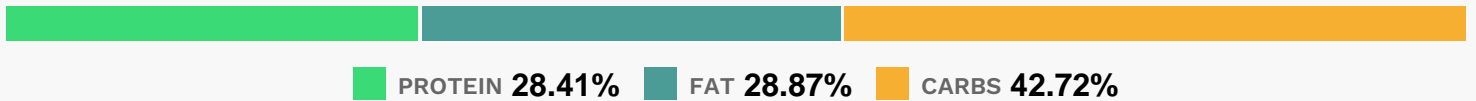
## Equipment

- bowl
- frying pan

## Directions

- Place a large nonstick skillet coated with cooking spray over medium-high heat.
- Add sweet onion; cook 8 minutes, stirring occasionally.
- Remove the sweet onion from pan; place in a bowl. Recoat pan with cooking spray.
- Add broccoli; stir-fry 3 minutes.
- Add broccoli to sweet onion. Recoat pan with cooking spray.
- Add pork and red pepper; stir-fry 4 minutes or until pork loses its pink color. Reduce heat. Stir in the green onions, sugar, ginger, and garlic, and cook 30 seconds, stirring constantly. Stir in onion mixture, chicken broth, soy sauce, and cashews; cook 1 minute.
- Drizzle with sesame oil.
- Serve with rice.

## Nutrition Facts



## Properties

Glycemic Index:72.02, Glycemic Load:27.04, Inflammation Score:-9, Nutrition Score:33.15826086376%

## Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg

Kaempferol: 5.57mg, Kaempferol: 5.57mg, Kaempferol: 5.57mg, Kaempferol: 5.57mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 26.09mg, Quercetin: 26.09mg, Quercetin: 26.09mg, Quercetin: 26.09mg

## Nutrients (% of daily need)

Calories: 450.06kcal (22.5%), Fat: 14.63g (22.5%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 48.69g (16.23%), Net Carbohydrates: 44.7g (16.26%), Sugar: 13.15g (14.61%), Cholesterol: 73.71mg (24.57%), Sodium: 643.06mg (27.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.38g (64.77%), Vitamin B1: 1.28mg (85.36%), Vitamin K: 79.15µg (75.38%), Vitamin B6: 1.34mg (66.83%), Selenium: 45.36µg (64.8%), Vitamin C: 51.41mg (62.31%), Phosphorus: 498.75mg (49.87%), Vitamin B3: 8.96mg (44.8%), Manganese: 0.87mg (43.26%), Copper: 0.68mg (34.06%), Vitamin B2: 0.56mg (33.03%), Magnesium: 121.14mg (30.29%), Potassium: 1008.28mg (28.81%), Zinc: 4.05mg (26.99%), Folate: 93.51µg (23.38%), Vitamin B5: 1.98mg (19.83%), Iron: 3.49mg (19.4%), Fiber: 3.99g (15.95%), Vitamin B12: 0.65µg (10.77%), Calcium: 94.33mg (9.43%), Vitamin A: 449.22IU (8.98%), Vitamin E: 1.03mg (6.84%), Vitamin D: 0.34µg (2.27%)