



WHATSheATE



Stir-Fried Pork with Chives and Chiles



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup veggie broth
- ☐ 2 tablespoons canola oil
- ☐ 1 large handful chives cut into 2-inch lengths
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 pound fatty pork boneless lean thinly sliced into 1 1/2-by-1/2-inch pieces
- ☐ 0.5 teaspoon salt

☐ 1 tablespoon soya sauce

Equipment

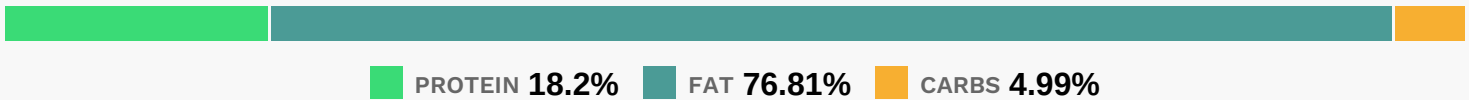
☐ bowl

☐ wok

Directions

- ☐ In a small bowl, mix together the pork and the cornstarch until each piece is evenly coated. Set the bowl aside for at least 30 minutes.
- ☐ Place a wok over high heat and add the oil. When oil starts to shimmer, add the red chiles, and stir-fry until they began to puff and change color, about 20 seconds.
- ☐ Remove the chiles and set aside.
- ☐ Add the garlic, and cook until it just starts to color, only about ten seconds.
- ☐ Add the pork and the red chiles, and stir-fry until the pork starts to brown, about three minutes.
- ☐ Add the salt and chives. Stir-fry for another minute.
- ☐ Pour in the broth or water, and bring to a boil. Then pour in the soy sauce, stir well, and wait until the sauce thickens, which should take less than a minute.
- ☐ Transfer the contents to a plate and garnish with cilantro.
- ☐ Serve with white rice or rice noodles.

Nutrition Facts



Properties

Glycemic Index:83.5, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:13.498695746712%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 448.87kcal (22.44%), Fat: 38.07g (58.57%), Saturated Fat: 9.96g (62.25%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 5.32g (1.93%), Sugar: 0.72g (0.8%), Cholesterol: 81.65mg (27.22%), Sodium: 1384.21mg (60.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.3g (40.6%), Vitamin B1: 0.84mg (56.09%), Selenium: 28.33µg (40.47%), Vitamin B3: 5.32mg (26.6%), Vitamin B6: 0.48mg (23.83%), Phosphorus: 215.08mg (21.51%), Vitamin K: 20.47µg (19.49%), Zinc: 2.58mg (17.17%), Vitamin B2: 0.29mg (16.9%), Vitamin E: 2.51mg (16.7%), Vitamin B12: 0.79µg (13.23%), Potassium: 367.13mg (10.49%), Vitamin B5: 0.82mg (8.18%), Iron: 1.33mg (7.38%), Vitamin A: 355.23IU (7.1%), Magnesium: 27.02mg (6.75%), Manganese: 0.1mg (5.05%), Copper: 0.08mg (3.89%), Vitamin C: 2.96mg (3.59%), Folate: 10.67µg (2.67%), Calcium: 24.01mg (2.4%)