



Stir-Fried Pork with Ginger and Black Fungus



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp cornstarch
- ☐ 3 cloves garlic minced
- ☐ 1 Tbs ginger grated
- ☐ 1 tsp soya sauce light
- ☐ 1 Tbs oyster sauce
- ☐ 280 g fatty pork thinly sliced
- ☐ 3 dashes pepper powder white
- ☐ 1 tsp sesame oil

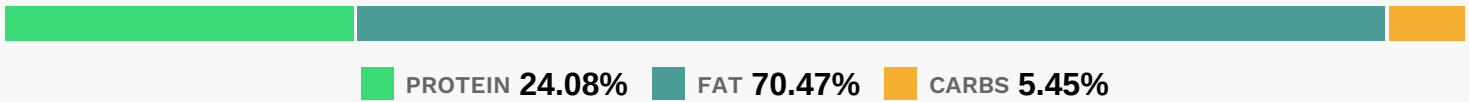
- ☐ 1 Tbs rice wine
- ☐ 25 g fungus – soaked in warm water until dried black softened cut into small pieces (30 mins)

Equipment

Directions

- ☐ Combine pork and all ingredients for marinade. Leave to marinate for at least 1 hr.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:14.58391304055%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 422.29kcal (21.11%), Fat: 32.02g (49.27%), Saturated Fat: 11.36g (71.01%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 4.96g (1.8%), Sugar: 0.16g (0.17%), Cholesterol: 100.8mg (33.6%), Sodium: 493.84mg (21.47%), Alcohol: 1.21g (100%), Alcohol %: 0.83% (100%), Protein: 24.61g (49.23%), Vitamin B1: 1.04mg (69.18%), Selenium: 35.7µg (51%), Vitamin B3: 6.39mg (31.92%), Vitamin B6: 0.61mg (30.33%), Phosphorus: 262.17mg (26.22%), Zinc: 3.19mg (21.24%), Vitamin B2: 0.35mg (20.75%), Vitamin B12: 1.02µg (16.95%), Potassium: 448.59mg (12.82%), Vitamin B5: 0.98mg (9.82%), Iron: 1.64mg (9.13%), Manganese: 0.18mg (9.1%), Magnesium: 32.74mg (8.19%), Copper: 0.12mg (5.92%), Calcium: 36.53mg (3.65%), Vitamin C: 2.88mg (3.49%), Fiber: 0.62g (2.47%), Folate: 9.56µg (2.39%)