



## Stir-Fry Pork with Ginger

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

READY IN



30 min.

SERVINGS



2

CALORIES



326 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 inch ginger fresh thinly sliced
- 1 spring onion chopped
- 0.3 pound fatty pork lean thinly sliced
- 1 tablespoon rice wine chinese
- 1 tablespoon rice wine chinese
- 1 tablespoon rice wine chinese
- 0.5 teaspoon salt
- 1 teaspoon sesame oil

- 0.5 teaspoon soya sauce dark
- 1 teaspoon soya sauce
- 0.3 teaspoon sugar
- 2 tablespoons vegetable oil

## Equipment

- frying pan
- wok

## Directions

- Heat oil in a large skillet or wok over medium-high heat. Fry ginger in hot oil until fragrant, then add pork, soy sauce, dark soy sauce, salt, and sugar. Cook, stirring occasionally, for 10 minutes.
- Stir in the sesame oil, green onion, and rice wine. Simmer until the pork is tender.

## Nutrition Facts

**PROTEIN 13.68%** **FAT 82.62%** **CARBS 3.7%**

## Properties

Glycemic Index:73.55, Glycemic Load:0.63, Inflammation Score:-2, Nutrition Score:7.908695710742%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 325.76kcal (16.29%), Fat: 27.65g (42.53%), Saturated Fat: 6.83g (42.66%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.91g (1.01%), Cholesterol: 40.82mg (13.61%), Sodium: 866.14mg (37.66%), Alcohol: 3.62g (100%), Alcohol %: 4.2% (100%), Protein: 10.3g (20.6%), Vitamin K: 37.7µg (35.91%), Vitamin B1: 0.42mg (28.1%), Selenium: 14.35µg (20.5%), Vitamin B3: 2.68mg (13.41%), Vitamin B6: 0.23mg (11.63%), Phosphorus: 109.24mg (10.92%), Zinc: 1.3mg (8.68%), Vitamin B2: 0.15mg (8.56%), Vitamin E: 1.18mg (7.85%), Vitamin B12: 0.4µg (6.61%), Potassium: 201.85mg (5.77%), Iron: 0.74mg (4.09%), Vitamin B5: 0.4mg (4.04%), Magnesium: 15.89mg (3.97%), Manganese: 0.04mg (2.16%), Copper: 0.04mg (2.15%), Vitamin C: 1.61mg (1.95%), Folate: 7.68µg (1.92%), Calcium: 14.93mg (1.49%), Vitamin A: 63.79IU (1.28%)