



Sweet and Sour Pineapple Pork

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

READY IN



75 min.

SERVINGS



4

CALORIES



772 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup pineapple canned chopped
- 0.5 cup cornstarch
- 4 tablespoons cornstarch mixed with 3 tablespoons water, for thickening
- 1 teaspoon garlic minced
- 1 teaspoon ginger minced
- 1.5 teaspoons ginger minced
- 1 Strips green onion for garnish
- 0.5 cup catsup

- 4 tablespoons oil for deep frying divided
- 2 tablespoons onion diced
- 0.3 cup orange marmalade
- 0.3 teaspoon pepper sauce hot
- 2 tablespoons pineapple juice
- 1 pound fatty pork lean
- 4 servings sesame seed toasted for garnish
- 1 tablespoon soya sauce
- 2 teaspoons soya sauce
- 1 cup sugar
- 1 tablespoon vermouth sweet
- 0.5 cup vinegar
- 0.5 cup water
- 0.5 cup bell peppers diced red yellow

Equipment

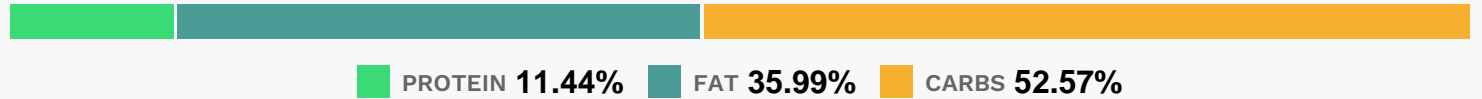
- frying pan
- sauce pan
- dutch oven

Directions

- Cut pork into bite-size pieces and marinate for 30 minutes in mixture of soy, vermouth, garlic, ginger, and 2 tablespoons oil. Set aside.
- In a medium saucepan, combine all ingredients except the cornstarch mixture, blend well and bring to a boil.
- Add cornstarch mixture. Reduce heat and simmer, stirring frequently until thickened. Be sure and bring your sauce to a boil before adding the cornstarch, otherwise the sauce may retain an unpleasant starchy taste.
- Heat oil in a Dutch oven to 350 degrees F.

- Remove pork pieces from marinade and roll in cornstarch to coat well. Deep fry in hot oil until golden brown and crispy.
- In a large saute pan, heat 2 tablespoons oil on medium-high heat. Stir-fry red and yellow pepper and diced onion for 2 minutes, then add sweet and sour sauce and fold in fried pork.
- Let simmer for 2 minutes, arrange on serving platter and garnish with long strips of green onion and toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:87.52, Glycemic Load:35.93, Inflammation Score:-5, Nutrition Score:19.626521732496%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 772.31kcal (38.62%), Fat: 31.1g (47.85%), Saturated Fat: 9.71g (60.67%), Carbohydrates: 102.25g (34.08%), Net Carbohydrates: 100.19g (36.43%), Sugar: 72.68g (80.75%), Cholesterol: 81.65mg (27.22%), Sodium: 779.3mg (33.88%), Alcohol: 0.36g (100%), Alcohol %: 0.12% (100%), Protein: 22.25g (44.49%), Vitamin B1: 0.94mg (62.6%), Vitamin C: 40.94mg (49.62%), Selenium: 32.46µg (46.38%), Vitamin B6: 0.64mg (31.87%), Vitamin B3: 6.28mg (31.42%), Phosphorus: 281.31mg (28.13%), Copper: 0.51mg (25.5%), Zinc: 3.32mg (22.1%), Vitamin B2: 0.38mg (22.1%), Manganese: 0.39mg (19.67%), Magnesium: 66.08mg (16.52%), Potassium: 566.68mg (16.19%), Iron: 2.83mg (15.73%), Vitamin B12: 0.79µg (13.23%), Calcium: 120.81mg (12.08%), Vitamin B5: 0.86mg (8.56%), Fiber: 2.06g (8.24%), Folate: 27.89µg (6.97%), Vitamin E: 0.97mg (6.48%), Vitamin A: 226.96IU (4.54%), Vitamin K: 3.63µg (3.46%)