



## Sweet and Sour Pork

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 carrots thinly sliced
- 1 tablespoon cornstarch
- 1 bell pepper green cut into 1-inch squares
- 1 cup kikkoman & sauce sweet sour
- 1 onion
- 8 ounce pineapple chunks drained canned
- 1 pound fatty pork boneless cut into 1-inch cubes
- 1 tablespoon kikkoman soy sauce

2 tablespoons vegetable oil

## Equipment

bowl

frying pan

dutch oven

## Directions

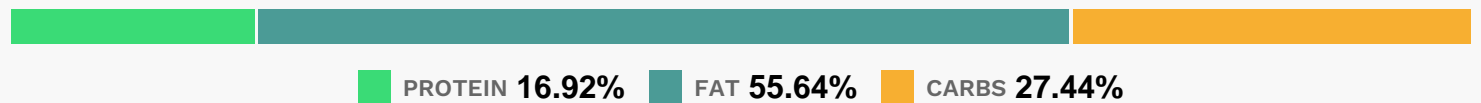
Blend cornstarch and soy sauce in small bowl; stir in pork until well coated.

Brown pork in hot oil in Dutch oven or large skillet over medium-high heat. Stir in 1/4 cup water. Cover and simmer 20 minutes, stirring occasionally.

Stir carrots, onion, bell pepper and sweet & sour sauce into pork mixture. Simmer, covered, 10 minutes longer, stirring frequently.

Add pineapple chunks; cook and stir only until pineapple is heated through.

## Nutrition Facts



## Properties

Glycemic Index:24.71, Glycemic Load:1.66, Inflammation Score:-10, Nutrition Score:21.023043425187%

## Flavonoids

Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

## Nutrients (% of daily need)

Calories: 504.3kcal (25.22%), Fat: 31.1g (47.86%), Saturated Fat: 10.01g (62.53%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 31.89g (11.6%), Sugar: 25.15g (27.94%), Cholesterol: 81.65mg (27.22%), Sodium: 1048.42mg (45.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.57%), Vitamin A: 5242.24IU (104.84%), Vitamin B1: 0.94mg (62.69%), Vitamin C: 33.88mg (41.06%), Selenium: 28.38µg (40.55%), Vitamin B6: 0.63mg (31.38%), Vitamin B3: 5.73mg (28.66%), Phosphorus: 233.13mg (23.31%), Vitamin B2: 0.32mg (18.75%), Vitamin K: 19.24µg (18.32%), Zinc: 2.73mg (18.2%), Potassium: 595.17mg (17%), Vitamin B12: 0.79µg (13.23%), Fiber: 2.62g (10.47%), Magnesium: 41.3mg (10.32%), Vitamin B5: 0.92mg (9.21%), Iron: 1.52mg (8.47%), Copper: 0.16mg (8.14%),

Manganese: 0.15mg (7.51%), Vitamin E: 0.88mg (5.9%), Folate: 23.31µg (5.83%), Calcium: 45.25mg (4.53%)