



Sweet and Sour Pork

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

READY IN



25 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 tablespoons balsamic vinegar
- 2 carrots thinly sliced
- 1 tablespoon cornstarch
- 3 cloves garlic minced
- 3 tablespoons catsup
- 4 servings kosher salt
- 2 teaspoons soya sauce low-sodium
- 1 pound pork tenderloin cut into 1/2-inch pieces

- 3 scallions cut into 1/2-inch pieces
- 3 cups snow peas cut in half
- 3 tablespoons sugar plus a pinch
- 3 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- wok
- slotted spoon

Directions

- Toss the pork with 1/2 tablespoon vinegar and a pinch of salt in a bowl.
- Mix the remaining 2 tablespoons vinegar, the soy sauce, cornstarch, ketchup, 3 tablespoons sugar, 1/3 cup water and 1/2 teaspoon salt in another bowl.
- Heat 2 tablespoons peanut oil in a large skillet or wok over high heat.
- Add the pork and slowly stir until it turns mostly opaque, about 2 minutes.
- Remove the pork with a slotted spoon and transfer to a plate. Discard the oil and wipe out the skillet.
- Heat the remaining 1 tablespoon peanut oil in the skillet, then stir-fry the garlic with a pinch each of salt and sugar, 15 seconds.
- Add the carrots and scallions and stir-fry until crisp-tender, 2 minutes. (
- Add a little water if the garlic starts to stick to the skillet.)
- Add the pork, snow peas and soy sauce mixture; stir until the pork is cooked through and the sauce is thickened, about 3 minutes.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:57.23, Glycemic Load:8.45, Inflammation Score:-10, Nutrition Score:29.4726083175%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 339.71kcal (16.99%), Fat: 14.5g (22.31%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 25.59g (8.53%), Net Carbohydrates: 22.48g (8.17%), Sugar: 17.5g (19.45%), Cholesterol: 73.71mg (24.57%), Sodium: 473.17mg (20.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.46g (52.93%), Vitamin A: 6044.19IU (120.88%), Vitamin B1: 1.26mg (83.71%), Vitamin C: 48.75mg (59.1%), Vitamin K: 60.16µg (57.3%), Vitamin B6: 1.08mg (54.12%), Selenium: 35.48µg (50.69%), Vitamin B3: 8.49mg (42.44%), Phosphorus: 341.19mg (34.12%), Vitamin B2: 0.49mg (29.1%), Potassium: 776.01mg (22.17%), Iron: 3.05mg (16.97%), Zinc: 2.5mg (16.69%), Manganese: 0.33mg (16.38%), Vitamin B5: 1.62mg (16.17%), Magnesium: 58.73mg (14.68%), Fiber: 3.12g (12.46%), Vitamin E: 1.8mg (11.98%), Folate: 44.6µg (11.15%), Copper: 0.2mg (10.1%), Vitamin B12: 0.59µg (9.83%), Calcium: 64.41mg (6.44%), Vitamin D: 0.34µg (2.27%)