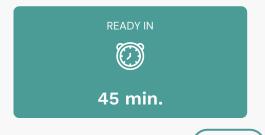
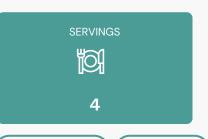


# **Sweet and Sour Pork**

airy Free







LUNCH

MAIN COURSE

MAIN DISH

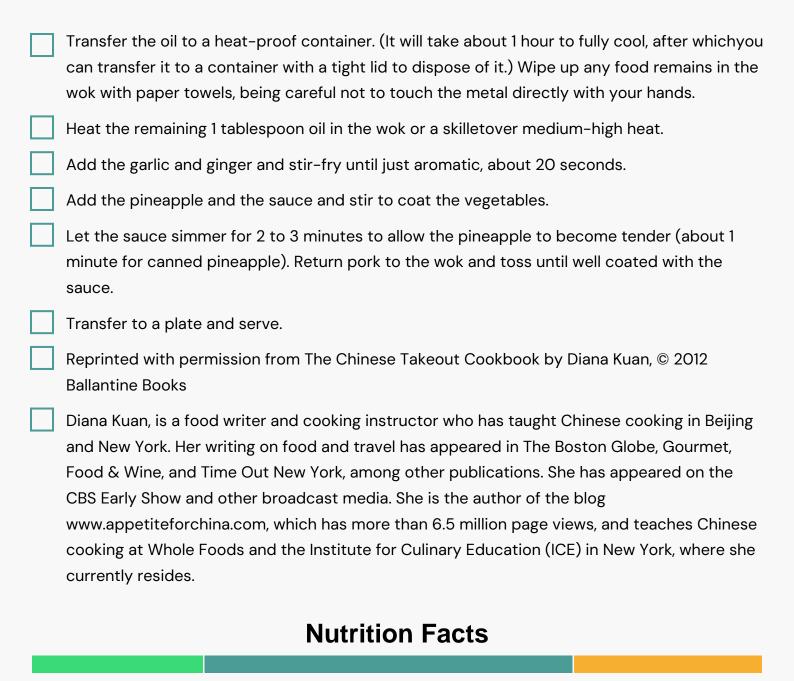
DINNER

## Ingredients

1 pound pork loin boneless
1.5 tablespoons apple cider vinegar
0.3 cup cornstarch
2 large eggs beaten
O.3 cup flour all-purpose
1 teaspoon ginger fresh minced
1 tablespoon garlic minced

2 tablespoons catsup

	2 tablespoons orange juice fresh canned
	1 cup pineapple chunks fresh canned
	1 tablespoon soya sauce
	2 tablespoons sugar
	2 cups vegetable oil for frying for stir-frying
	3 tablespoons water
	1 tablespoon worcestershire sauce
Equipment	
	bowl
	paper towels
	sieve
	kitchen thermometer
	wok
	slotted spoon
Directions	
	Prepare the batter: In a medium bowl, stir together the eggs, cornstarch, and flour. The batter should be liquidy enough to coat the pork. If the batter looks too dry, add 1 to 2 tablespoons of water and stir again.
	Add the pork and stir gently to coat.
	Let stand at room temperature for 10 minutes.
	Prepare the sauce: In a small bowl, stir together the water, ketchup, pineapple juice, cider vinegar, Worcestershire sauce, soy sauce, and sugar until the sugar is dissolved. Set aside.
	Heat the peanut oil in a wok until it registers 350°F onan instant-read oil thermometer. Working in 2 or 3 batches, add the first batch of pork cubes and fry until golden brown on the outside and cooked through, 4 to 5 minutes.
	Remove the pork with a slotted spoon and drain on a plate lined with paper towels.
	Remove any excess bits of batter from the oil with a slotted spoon or fine-mesh strainer.  Continue frying the rest of the pork.



### **Properties**

Glycemic Index:74.27, Glycemic Load:9.2, Inflammation Score:-5, Nutrition Score:19.492608630139%

#### **Flavonoids**

Eriodictyol: O.01mg, Eriodictyol: O.01mg, Eriodictyol: O.01mg, Eriodictyol: O.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Naringenin: O.18mg, Naringenin: O.18mg, Naringenin: O.18mg, Naringenin: O.18mg, Naringenin: O.18mg, Naringenin: O.01mg, Kaempferol: O.01mg, Kaempferol: O.01mg, Kaempferol: O.01mg, Kaempferol: O.01mg, Kaempferol: O.01mg, Myricetin: O.04mg, Myricetin: O.04mg, Myricetin: O.04mg, Quercetin: O.12mg, Quercetin: O.12mg, Quercetin: O.12mg, Quercetin: O.12mg

PROTEIN 23.57% FAT 50.53% CARBS 25.9%

#### Nutrients (% of daily need)

Calories: 517.59kcal (25.88%), Fat: 28.99g (44.6%), Saturated Fat: 5.55g (34.66%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 32.25g (11.73%), Sugar: 17.4g (19.33%), Cholesterol: 164.44mg (54.81%), Sodium: 468.57mg (20.37%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 30.42g (60.83%), Selenium: 42.64µg (60.92%), Vitamin B6: 1mg (49.82%), Vitamin B1: 0.65mg (43.48%), Vitamin K: 40.91µg (38.96%), Vitamin B3: 7.53mg (37.65%), Phosphorus: 333.74mg (33.37%), Vitamin B2: 0.41mg (24.01%), Potassium: 636.49mg (18.19%), Zinc: 2.56mg (17.04%), Vitamin E: 2.33mg (15.53%), Vitamin C: 11.32mg (13.72%), Vitamin B12: 0.8µg (13.35%), Vitamin B5: 1.31mg (13.12%), Magnesium: 48.69mg (12.17%), Iron: 2.05mg (11.37%), Copper: 0.2mg (9.84%), Folate: 33.49µg (8.37%), Manganese: 0.15mg (7.62%), Vitamin D: 0.95µg (6.36%), Fiber: 1.18g (4.72%), Vitamin A: 223.59IU (4.47%), Calcium: 42.46mg (4.25%)