



Sweet and Sour Pork

 Dairy Free

READY IN



72 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup carrots 1/ sliced
- ☐ 0.3 cup celery diced
- ☐ 0.3 cup cornstarch
- ☐ 0.3 cup flour for dredging
- ☐ 2 teaspoons garlic minced
- ☐ 1 tablespoon ginger minced
- ☐ 0.3 cup bell pepper diced green
- ☐ 1 ounce honey

- ☐ 1 cup catsup
- ☐ 6 servings kosher salt and pepper
- ☐ 1 cup pineapple fresh cut into 1-inch cubes
- ☐ 1 pound pork butt cut into 1-inch cubes
- ☐ 0.3 cup bell pepper diced red
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 tablespoon sesame oil
- ☐ 0.7 cup soya sauce
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 6 servings vegetable oil for frying
- ☐ 0.3 cup vidalia onion diced

Equipment

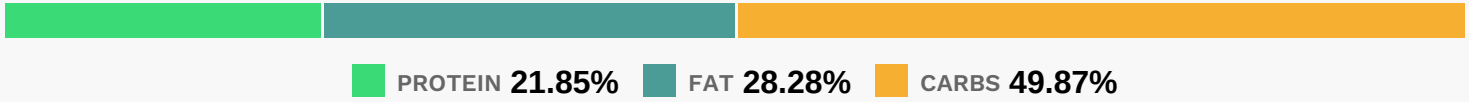
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ In a large non-reactive bowl, combine soy, garlic, ginger, flour, and cornstarch. Season the pork generously with salt and pepper.
- ☐ Place the pork in the bowl and toss to cover. Marinate in the refrigerator overnight.
- ☐ Drain off any excess marinade and dredge the pork in flour seasoned with salt and pepper. In a large frying pan heat 1-inch of oil to 350 degrees F. Fry the pork in batches, until golden brown.
- ☐ Drain on paper towels. Reserve on a warm plate.
- ☐ In a separate bowl, combine the ketchup, sugar, vinegar, and honey.

- ☐ Whisk to blend.
- ☐ In a small roasting pan heat the canola and sesame oils.
- ☐ Place the pork and vegetables into the pan and cover with the ketchup mixture. Bring to a simmer and cook until the pork is tender.

Nutrition Facts



Properties

Glycemic Index:60.31, Glycemic Load:10.42, Inflammation Score:-8, Nutrition Score:18.312174029972%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 336.01kcal (16.8%), Fat: 10.76g (16.56%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 42.71g (14.24%), Net Carbohydrates: 41.21g (14.99%), Sugar: 25.3g (28.11%), Cholesterol: 45.36mg (15.12%), Sodium: 2512.95mg (109.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.72g (37.43%), Vitamin C: 33.5mg (40.61%), Vitamin A: 1724.31IU (34.49%), Vitamin B1: 0.48mg (32.28%), Selenium: 22.3µg (31.86%), Vitamin B6: 0.62mg (31.15%), Iron: 5.33mg (29.62%), Vitamin B3: 5.29mg (26.43%), Manganese: 0.51mg (25.32%), Vitamin B2: 0.43mg (25.18%), Phosphorus: 212.47mg (21.25%), Zinc: 2.85mg (19.02%), Potassium: 548.74mg (15.68%), Vitamin B5: 1.45mg (14.47%), Vitamin K: 14.51µg (13.82%), Vitamin B12: 0.69µg (11.47%), Copper: 0.2mg (10.24%), Magnesium: 40.94mg (10.24%), Vitamin E: 1.43mg (9.54%), Fiber: 1.5g (5.99%), Folate: 23.49µg (5.87%), Calcium: 36.28mg (3.63%), Vitamin D: 0.45µg (3.02%)