



 **56%**
HEALTH SCORE

Sweet and Sour Pork

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

READY IN



70 min.

SERVINGS



4

CALORIES



893 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 115 g baby corns chopped
- 3 tablespoons brown sugar
- 3 tablespoons brown sugar
- 250 g bell pepper diced red (I find capsicum is the nicest)
- 0.1 teaspoon chili powder
- 4 servings rice steamed
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- 1 tablespoon cornstarch
- 1 tablespoon sherry dry
- 1.5 teaspoons cilantro leaves dried fresh chopped
- 1 teaspoon garlic minced
- 4 servings bell pepper
- 4 servings bell pepper
- 0.5 pineapple fresh sweet sour chopped (depending on size and how much pineapple you like in your and)
- 500 g fatty pork cut into sort of 2x2x2 pieces (i.e fillet, loin, leg etc)
- 1 onion red chopped
- 2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 2 tablespoons soya sauce
- 1 tablespoon tomato sauce
- 3 tablespoons water
- 4 servings water
- 0.5 teaspoon worcestershire sauce
- 200 g zucchini chopped

Equipment

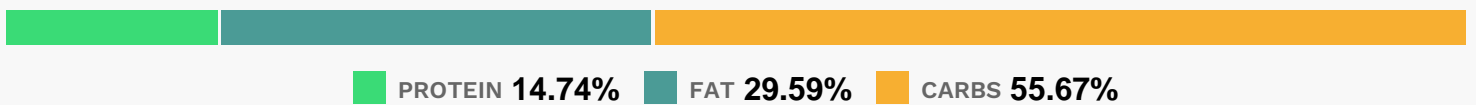
- frying pan
- sauce pan
- whisk
- wok

Directions

- Combine the marinade ingredients and add the pork. Allow the flavours to penetrate for at least 20 minutes (although it doesn't really matter if it can't be marinated for that long).

- Combine the cornflour with a little of the extra water to form a smooth paste/liquid, then set aside.
- Combine the remaining sweet and sour sauce ingredients in a small saucepan and place over a high heat. When hot, whisk in the cornflour mixture. Continue to whisk over a high heat until the sauce until it has thickened to your liking. Set aside.
- Place the pork and the marinade into a hot frypan (or wok)and fry until it's almost completely cooked.
- Remove pork from the pan and set aside.
- Heat the garlic in the pan.
- Add the onion and stir fry for about 30 seconds before throwing in the baby corn. Cook for another 2-3 minutes.
- Add the capsicum, stir frying for another minute or so, then add the zucchini. After stir frying for another 2-4 minutes add the sweet and sour sauce you prepared earlier. Return the pork to the pan and season with pepper and dried coriander (if using). If you feel you need more liquid you can probably add a little bit of chicken or vegetable stock.If the vegetables aren't quite cooked to your liking allow them to simmer in the sauce for however long they need to suit your taste buds (on the contrary you can reduce the stir frying time if you prefer crisper veggies).
- Add the pineapple (if using fresh coriander, add it in here)and allow it to heat slightly before taking the pan off the heat.
- Serve on steamed rice (I prefer basmati rice, but any long grain rice will suffice).

Nutrition Facts



Properties

Glycemic Index:191.54, Glycemic Load:86.07, Inflammation Score:-10, Nutrition Score:42.782174110413%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 893.06kcal (44.65%), Fat: 29.57g (45.5%), Saturated Fat: 10.41g (65.08%), Carbohydrates: 125.2g (41.73%), Net Carbohydrates: 116.38g (42.32%), Sugar: 41.74g (46.38%), Cholesterol: 90mg (30%), Sodium: 636.74mg (27.68%), Alcohol: 0.39g (100%), Alcohol %: 0.05% (100%), Protein: 33.15g (66.29%), Vitamin C: 338.84mg (410.71%), Vitamin A: 6910.55IU (138.21%), Manganese: 2.67mg (133.64%), Vitamin B1: 1.24mg (82.43%), Vitamin B6: 1.64mg (81.87%), Selenium: 49.68µg (70.97%), Vitamin B3: 10.18mg (50.91%), Phosphorus: 450.3mg (45.03%), Folate: 157.15µg (39.29%), Potassium: 1312.06mg (37.49%), Vitamin B2: 0.63mg (37.09%), Fiber: 8.82g (35.26%), Zinc: 5.06mg (33.72%), Vitamin B5: 3.11mg (31.1%), Magnesium: 119.53mg (29.88%), Copper: 0.5mg (25.11%), Vitamin E: 3.64mg (24.3%), Iron: 3.65mg (20.26%), Vitamin B12: 0.88µg (14.58%), Vitamin K: 13.99µg (13.32%), Calcium: 113.85mg (11.38%)