



Sweet and Sour Pork

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds pork loin boneless
- 1 serving vegetable oil
- 0.5 cup flour all-purpose
- 0.3 cup cornstarch
- 0.5 cup water cold
- 0.5 teaspoon salt
- 1 eggs
- 20 ounces pineapple chunks drained canned

- 0.5 cup brown sugar packed
- 0.5 cup vinegar white
- 0.5 teaspoon salt
- 2 teaspoons soya sauce
- 2 medium carrots cut into thin diagonal slices
- 1 garlic clove finely chopped
- 2 tablespoons cornstarch
- 2 tablespoons water cold
- 1 medium bell pepper green cut into 3/4-inch pieces
- 8 cups rice hot cooked

Equipment

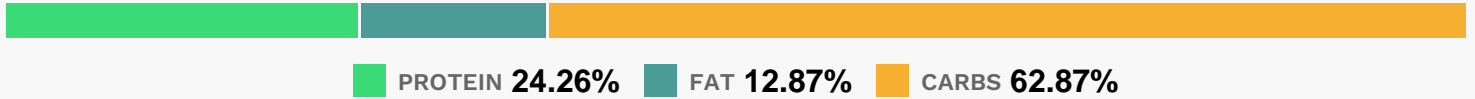
- bowl
- paper towels
- dutch oven
- deep fryer

Directions

- Trim excess fat from pork.
- Cut pork into 3/4-inch pieces.
- Heat 1 inch oil deep fryer or Dutch oven 360°F.
- Beat flour, 1/4 cup cornstarch, 1/2 cup cold water, 1/2 teaspoon salt and the egg in large bowl with hand beater until smooth. Stir pork into batter until well coated.
- Add pork pieces, one at a time, to oil. Fry about 20 pieces at a time about 5 minutes, turning 2 or 3 times, until golden brown.
- Drain on paper towels; keep warm.
- Add enough water to reserved pineapple syrup to measure 1 cup.
- Heat syrup mixture, brown sugar, vinegar, 1/2 teaspoon salt, the soy sauce, carrots and garlic to boiling in Dutch oven; reduce heat to low.

- Cover and simmer about 6 minutes or until carrots are crisp-tender.
- Mix 2 tablespoons cornstarch and 2 tablespoons cold water; stir into sauce.
- Add pork, pineapple and bell pepper.
- Heat to boiling, stir constantly. Boil and stir 1 minute.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:41.98, Glycemic Load:52.72, Inflammation Score:-9, Nutrition Score:23.299565294515%

Flavonoids

Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 538.05kcal (26.9%), Fat: 7.54g (11.6%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 82.87g (27.62%), Net Carbohydrates: 80.35g (29.22%), Sugar: 24.68g (27.42%), Cholesterol: 91.9mg (30.63%), Sodium: 456.96mg (19.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.98g (63.97%), Selenium: 48.38µg (69.11%), Vitamin B6: 1.14mg (56.83%), Vitamin A: 2667.87IU (53.36%), Vitamin B1: 0.69mg (46%), Manganese: 0.88mg (44.19%), Vitamin B3: 8.11mg (40.56%), Phosphorus: 360.18mg (36.02%), Vitamin C: 19.64mg (23.8%), Zinc: 3.09mg (20.6%), Potassium: 681.6mg (19.47%), Vitamin B2: 0.33mg (19.23%), Magnesium: 67.23mg (16.81%), Vitamin B5: 1.66mg (16.62%), Copper: 0.3mg (14.96%), Vitamin B12: 0.63µg (10.45%), Iron: 1.86mg (10.32%), Fiber: 2.52g (10.07%), Folate: 29.97µg (7.49%), Vitamin K: 6.87µg (6.55%), Calcium: 57.79mg (5.78%), Vitamin E: 0.59mg (3.91%), Vitamin D: 0.56µg (3.76%)