



Sweet and Sour Pork

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 2 tablespoons substitute orange juice fresh canned
- ☐ 1 cup bite-size 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

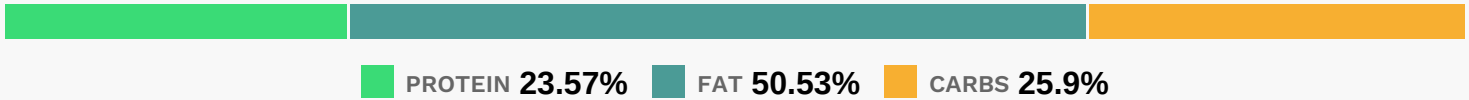
- ☐ bowl
- ☐ paper towels
- ☐ sieve
- ☐ kitchen thermometer
- ☐ wok
- ☐ slotted spoon

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 on an 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.

- ☐ Transfer the oil to a heat-proof container. (It will take about 1 hour to fully cool, after which you can transfer it to a container with a tight lid to dispose of it.) Wipe up any food remains in the wok with paper towels, being careful not to touch the metal directly with your hands.
- ☐ Heat the remaining 1 tablespoon oil in the wok or a skillet over medium-high heat.
- ☐ Add the garlic and ginger and stir-fry until just aromatic, about 20 seconds.
- ☐ Add the pineapple and the sauce and stir to coat the vegetables.
- ☐ Let the sauce simmer for 2 to 3 minutes to allow the pineapple to become tender (about 1 minute for canned pineapple). Return pork to the wok and toss until well coated with the sauce.
- ☐ Transfer to a plate and serve.
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- ☐ Diana Kuan, is a food writer and cooking instructor who has taught Chinese cooking in Beijing and New York. Her writing on food and travel has appeared in The Boston Globe, Gourmet, Food & Wine, and Time Out New York, among other publications. She has appeared on the CBS Early Show and other broadcast media. She is the author of the blog www.appetiteforchina.com, which has more than 6.5 million page views, and teaches Chinese cooking at Whole Foods and the Institute for Culinary Education (ICE) in New York, where she currently resides.

Nutrition Facts



Properties

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

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

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 %: 0% (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%)