



Sweet and Sour Pork



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 teaspoons canola oil divided
- ☐ 0.3 cup cider vinegar
- ☐ 0.5 cup rice hot cooked
- ☐ 4 teaspoons cornstarch
- ☐ 1 medium bell pepper green cut into 1 inch pieces
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 small onion cut into 1 inch pieces
- ☐ 0.5 teaspoon pepper

- ☐ 8 ounce pineapple chunks unsweetened canned
- ☐ 1 lb pork tenderloin cut into 1 inch cubes
- ☐ 1 medium bell pepper sweet red cut into 1 inch pieces
- ☐ 0.3 cup currant jelly red
- ☐ 0.3 teaspoon salt

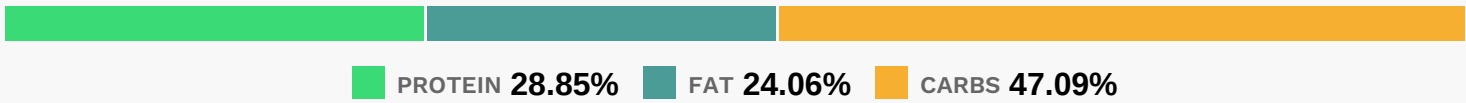
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ In a small bowl, combine cornstarch, salt, pepper, and ginger.²
- ☐ Drain pineapple reserving juice, set pineapple aside.³ Stir pineapple juice, and vinegar into cornstarch mixture until smooth, set aside.⁴ In a large non-stick skillet, or wok, stir-fry pork in 3 teaspoons oil until no longer pink, remove and keep warm.⁵ In the same pan, stir-fry peppers and onion in remaining oil until crisp-tender.⁶ Stir in pork, pineapple, and jelly.⁷ Stir cornstarch mixture and add to the pan, bring to a boil, cook and stir for 2 minutes or until thickened.⁸
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:76.25, Glycemic Load:17.45, Inflammation Score:-8, Nutrition Score:23.970434479091%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 351.65kcal (17.58%), Fat: 9.32g (14.33%), Saturated Fat: 1.78g (11.14%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 38.35g (13.94%), Sugar: 24.61g (27.35%), Cholesterol: 73.71mg (24.57%), Sodium: 217.97mg (9.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.14g (50.28%), Vitamin C: 71.12mg (86.2%), Vitamin B1: 1.22mg (81.42%), Vitamin B6: 1.11mg (55.53%), Selenium: 36.97µg (52.82%), Vitamin B3: 8.23mg (41.14%), Phosphorus: 314.43mg (31.44%), Vitamin B2: 0.46mg (26.9%), Vitamin A: 1073.96IU (21.48%), Potassium: 702.69mg (20.08%), Manganese: 0.37mg (18.32%), Zinc: 2.45mg (16.36%), Magnesium: 52.69mg (13.17%), Copper: 0.24mg (12.1%), Vitamin B5: 1.18mg (11.82%), Vitamin E: 1.76mg (11.76%), Fiber: 2.67g (10.69%), Iron: 1.82mg (10.1%), Vitamin B12: 0.59µg (9.83%), Vitamin K: 8.1µg (7.72%), Folate: 26.6µg (6.65%), Calcium: 35.17mg (3.52%), Vitamin D: 0.34µg (2.27%)