



## Sweet and Sour Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 cups brown white hot cooked
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 3 tablespoons cider vinegar
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 teaspoon pepper red divided crushed
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 1 bell pepper green cut into 1-inch pieces ( 1 cup)

- ☐ 0.3 cup catsup
- ☐ 9 tablespoons lower-sodium chicken broth fat-free divided
- ☐ 3 tablespoons lower-sodium soy sauce
- ☐ 1 medium onion cut into 1-inch pieces
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 20 ounce pineapple chunks in juice undrained canned
- ☐ 1.5 pounds pork tenderloin cut into 1-inch pieces
- ☐ 1 bell pepper red cut into 1-inch pieces ( 1 cup)
- ☐ 0.3 cup sugar

## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Combine first 3 ingredients and 1/4 teaspoon crushed red pepper in a bowl. Set aside.
- ☐ Drain pineapple, reserving 1/4 cup juice.
- ☐ Combine reserved juice, 6 tablespoons stock, ketchup, next 3 ingredients, and remaining 1/4 teaspoon crushed red pepper in a small bowl, stirring until sugar dissolves.
- ☐ Combine cornstarch and remaining stock in another small bowl.
- ☐ Heat oil in a large nonstick skillet over medium-high heat. Stir-fry pork mixture in hot oil 5 minutes or until pork is done.
- ☐ Remove pork from pan; keep warm.
- ☐ Add onion, bell peppers, and water chestnuts to pan; stir-fry 3 minutes or until crisp-tender.
- ☐ Add ketchup mixture. Bring to a boil; stir in cornstarch mixture, pineapple chunks, and pork mixture with any accumulated juices. Cook 2 minutes or until sauce thickens.
- ☐ Serve immediately over rice.
- ☐ Garnish with green onion slices, if desired.

## Nutrition Facts



 PROTEIN **19.62%**  FAT **12.92%**  CARBS **67.46%**

Properties

Glycemic Index:47.55, Glycemic Load:51.15, Inflammation Score:-8, Nutrition Score:30.253912790962%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 674.87kcal (33.74%), Fat: 9.62g (14.81%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 113.05g (37.68%), Net Carbohydrates: 107.89g (39.23%), Sugar: 27.67g (30.75%), Cholesterol: 73.71mg (24.57%), Sodium: 494.13mg (21.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.88g (65.77%), Vitamin B1: 1.32mg (87.9%), Selenium: 49.62µg (70.88%), Vitamin B6: 1.35mg (67.68%), Vitamin C: 53.08mg (64.35%), Manganese: 1.24mg (61.89%), Vitamin B3: 10.03mg (50.16%), Phosphorus: 433.24mg (43.32%), Vitamin B2: 0.53mg (31.14%), Potassium: 958.41mg (27.38%), Copper: 0.51mg (25.43%), Zinc: 3.66mg (24.39%), Magnesium: 85.16mg (21.29%), Vitamin B5: 2.11mg (21.15%), Fiber: 5.16g (20.64%), Vitamin A: 845.06IU (16.9%), Iron: 3.03mg (16.83%), Vitamin E: 2.03mg (13.55%), Vitamin B12: 0.59µg (9.83%), Folate: 34.69µg (8.67%), Calcium: 64.68mg (6.47%), Vitamin K: 3.91µg (3.72%), Vitamin D: 0.34µg (2.27%)