



Sweet and Sour Pork III



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 3 stalks celery cut into 1/2 inch pieces
- ☐ 2 tablespoons cornstarch
- ☐ 1 egg white
- ☐ 1 medium bell pepper green cut into 1 inch pieces
- ☐ 2 green onions chopped
- ☐ 0.3 cup catsup
- ☐ 1 medium onion cut into wedges

- ☐ 8 ounce pineapple chunks undrained canned
- ☐ 1 pound pork butt cut into 1 inch cubes
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water
- ☐ 0.8 cup sugar white

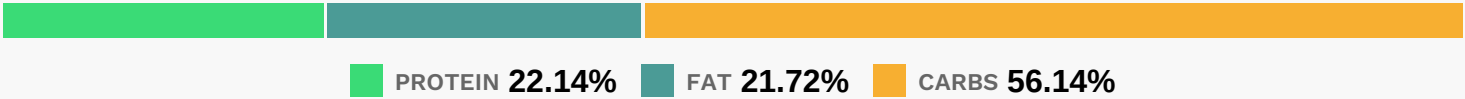
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ wok
- ☐ deep fryer

Directions

- ☐ Place cubed pork in a medium bowl, and season with 1 teaspoon salt, 1/4 teaspoon sugar, and 1 teaspoon soy sauce.
- ☐ Mix in the egg white and green onions. Cover, and place in the refrigerator at least 1 hour.
- ☐ Heat 1 quart oil to 365 degrees F (185 degrees C) in a large, heavy saucepan or deep fryer.
- ☐ Coat the pork with 1/2 cup cornstarch, and fry in the heated oil about 10 minutes, until evenly browned.
- ☐ Drain on paper towels.
- ☐ Heat 1 tablespoon oil in a wok over medium heat. Stir in the celery, green bell pepper, and onion, and cook until tender. Season with salt and sugar.
- ☐ Remove from heat, and set aside.
- ☐ In a large saucepan, mix 1 cup water, 1/4 teaspoon salt, 3/4 cup sugar, apple cider vinegar, ketchup, and 1/2 teaspoon soy sauce. Bring to a boil, and stir in the cooked pork, celery mixture, and the pineapple chunks with juice. Return to boil, and mix in 2 tablespoons cornstarch and 1/4 cup water to thicken. Cook until well blended.

Nutrition Facts



Properties

Glycemic Index:56.52, Glycemic Load:27.14, Inflammation Score:-6, Nutrition Score:20.265217573746%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 420.13kcal (21.01%), Fat: 10.23g (15.74%), Saturated Fat: 2.83g (17.72%), Carbohydrates: 59.5g (19.83%), Net Carbohydrates: 57.06g (20.75%), Sugar: 51.27g (56.97%), Cholesterol: 68.04mg (22.68%), Sodium: 439.44mg (19.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.47g (46.93%), Selenium: 34.47µg (49.24%), Vitamin B1: 0.73mg (48.81%), Vitamin C: 33.96mg (41.16%), Vitamin B6: 0.78mg (39.22%), Vitamin B2: 0.55mg (32.42%), Vitamin K: 30.62µg (29.16%), Vitamin B3: 5.69mg (28.45%), Zinc: 4.06mg (27.08%), Phosphorus: 264.49mg (26.45%), Potassium: 712.9mg (20.37%), Vitamin B5: 1.94mg (19.43%), Vitamin B12: 1.04µg (17.31%), Copper: 0.25mg (12.32%), Magnesium: 48.02mg (12%), Iron: 1.98mg (11.02%), Manganese: 0.2mg (10%), Fiber: 2.43g (9.73%), Vitamin A: 410.44IU (8.21%), Folate: 27.46µg (6.86%), Vitamin E: 1.01mg (6.73%), Calcium: 55.88mg (5.59%), Vitamin D: 0.68µg (4.54%)