



Sweet and Sour Pork Patties

READY IN



40 min.

SERVINGS



4

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs soft
- 1 eggs
- 2 tablespoons parsley fresh chopped
- 1.5 pounds ground pork
- 10 ounce sauce sweet sour
- 1 tablespoon milk
- 0.5 cup onion finely chopped
- 1 teaspoon pepper red
- 1 teaspoon lawry's seasoned salt

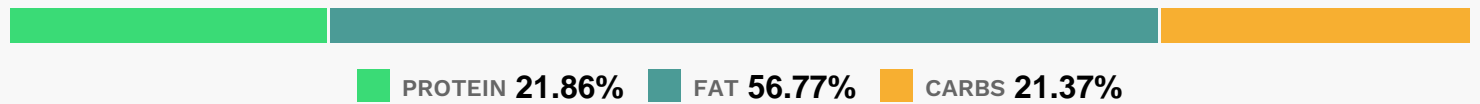
Equipment

- bowl
- frying pan

Directions

- Mix pork, breadcrumbs, red pepper flakes, salt, egg, milk, parsley and onions together in bowl. Shape into 8 to 12 patties.
- Slowly brown in frying pan until juices run clear; drain well.
- Heat sweet and sour sauce in frying pan.
- Place cooked patties in pan and heat through.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:21.795652234036%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 615.26kcal (30.76%), Fat: 38.1g (58.62%), Saturated Fat: 13.99g (87.42%), Carbohydrates: 32.27g (10.76%), Net Carbohydrates: 31.08g (11.3%), Sugar: 18.33g (20.37%), Cholesterol: 163.84mg (54.61%), Sodium: 1653.1mg (71.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.01g (66.02%), Vitamin B1: 1.39mg (92.96%), Selenium: 48.9µg (69.86%), Vitamin B3: 8.39mg (41.97%), Vitamin B6: 0.73mg (36.25%), Phosphorus: 353.97mg (35.4%), Vitamin K: 34.34µg (32.71%), Vitamin B2: 0.52mg (30.68%), Zinc: 4.17mg (27.82%), Vitamin B12: 1.36µg (22.6%), Potassium: 585.59mg (16.73%), Iron: 2.6mg (14.44%), Vitamin B5: 1.43mg (14.3%), Magnesium: 43.65mg (10.91%), Manganese: 0.18mg (9.17%), Folate: 35.1µg (8.77%), Vitamin A: 394.51IU (7.89%), Calcium: 68.66mg (6.87%), Copper: 0.14mg (6.76%), Vitamin C: 5.33mg (6.47%), Fiber: 1.19g (4.75%), Vitamin E: 0.34mg (2.25%), Vitamin D: 0.26µg (1.74%)