



Sweet and Sour Ski Pole Pork



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds pork loin boneless sliced
- ☐ 0.3 cup brown sugar
- ☐ 6 servings rice steamed for serving
- ☐ 2 tablespoons cornstarch
- ☐ 1 bell pepper green cut in thin strips
- ☐ 0.5 cup onion thinly sliced
- ☐ 20 ounce pineapple chunks canned
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup vinegar
- ☐ 0.8 cup water

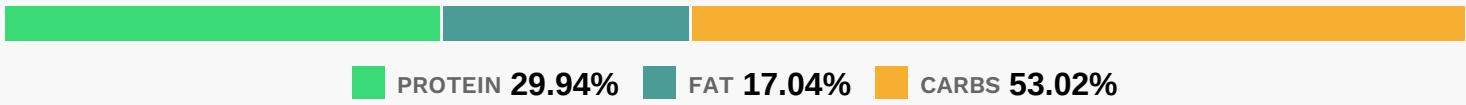
Equipment

- ☐ frying pan

Directions

- ☐ Cut pork slices into strips about 3 inches long and 1/2 to 1-inch wide.
- ☐ Heat the oil in a medium skillet and saute pork strips over medium heat until lightly browned.
- ☐ Drain the pineapple and reserve the juice.
- ☐ Combine pineapple juice, 3/4 cup water, vinegar, soy sauce, brown sugar, and salt; pour over pork in the skillet. Cover and simmer over low heat for 1 hour, or until meat is tender. In a cup, combine cornstarch and 2 tablespoons water; stir until smooth.
- ☐ Add cornstarch mixture to pork and cook over low heat, stirring constantly, until mixture is thick and bubbly.
- ☐ Add pineapple chunks, onion and green pepper. Cover and simmer sweet and sour pork for 10 minutes longer, or until vegetables are tender.
- ☐ Serve sweet and sour pork over rice.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:24.27, Inflammation Score:-4, Nutrition Score:17.789999982585%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 387.13kcal (19.36%), Fat: 7.25g (11.15%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 50.72g (16.91%), Net Carbohydrates: 48.57g (17.66%), Sugar: 23.5g (26.11%), Cholesterol: 71.44mg (23.81%), Sodium: 424.3mg (18.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.65g (57.29%), Selenium: 38.04µg (54.35%), Vitamin B6: 1.07mg (53.53%), Vitamin B1: 0.63mg (42.25%), Vitamin B3: 7.34mg (36.69%), Vitamin C: 25.82mg (31.29%), Phosphorus: 308.6mg (30.86%), Manganese: 0.45mg (22.54%), Potassium: 642mg (18.34%), Zinc: 2.59mg (17.29%), Vitamin B2: 0.26mg (15.05%), Magnesium: 58.97mg (14.74%), Copper: 0.25mg (12.74%), Vitamin B5: 1.21mg (12.12%), Vitamin B12: 0.58µg (9.64%), Fiber: 2.16g (8.63%), Iron: 1.28mg (7.14%), Vitamin K: 6.35µg (6.05%), Calcium: 43.65mg (4.36%), Folate: 12.24µg (3.06%), Vitamin E: 0.46mg (3.06%), Vitamin D: 0.45µg (3.02%), Vitamin A: 120.9IU (2.42%)