



Sweet and Spicy Pork with Pineapple



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz water chestnuts drained sliced canned
- ☐ 3 cups rice white cooked
- ☐ 2 teaspoons cornstarch
- ☐ 1 teaspoon pepper red crushed
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 2 cloves garlic minced
- ☐ 8 1 8-oz. can pineapple chunks drained canned
- ☐ 1 pound pork tenderloin sliced

- ☐ 1 bell pepper red seeded cut into thin strips
- ☐ 0.3 cup rice vinegar
- ☐ 0.3 cup roasted peanuts unsalted chopped
- ☐ 4 servings salt
- ☐ 4 scallions white thinly sliced (reserve greens)
- ☐ 1.5 cups snow peas trimmed
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons vegetable oil

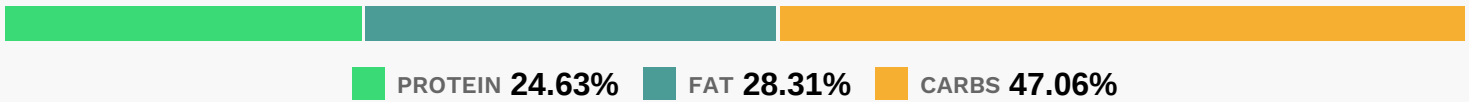
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a bowl, whisk together garlic, ginger, scallions, crushed red pepper, rice vinegar, 1/3 cup pineapple juice (from can), sugar, cornstarch and 1/4 cup water.
- ☐ Sprinkle pork with salt. Warm a large skillet over medium-high heat.
- ☐ Pour in vegetable oil, and when very hot add pork and stir-fry until no longer pink, 3 to 4 minutes.
- ☐ Add bell pepper, snow peas and water chestnuts; saut for 3 minutes. Stir in pineapple.
- ☐ Add reserved sauce to skillet and cook, stirring, until thickened, about 3 minutes. Divide rice among 4 plates and spoon pork mixture on top.
- ☐ Sprinkle with peanuts and scallion greens and serve immediately.

Nutrition Facts



Properties

Glycemic Index:84.52, Glycemic Load:40.8, Inflammation Score:-9, Nutrition Score:32.426956342614%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 512.02kcal (25.6%), Fat: 16.02g (24.65%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 59.92g (19.98%), Net Carbohydrates: 54.31g (19.75%), Sugar: 12.05g (13.38%), Cholesterol: 73.71mg (24.57%), Sodium: 275.15mg (11.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.36g (62.73%), Vitamin B1: 1.25mg (83.02%), Vitamin C: 64.27mg (77.9%), Vitamin B6: 1.35mg (67.34%), Selenium: 45.58µg (65.12%), Manganese: 1.05mg (52.46%), Vitamin B3: 10.26mg (51.32%), Vitamin K: 48.73µg (46.41%), Phosphorus: 413.81mg (41.38%), Vitamin A: 1602.24IU (32.04%), Vitamin B2: 0.51mg (29.99%), Potassium: 844.82mg (24.14%), Zinc: 3.56mg (23.73%), Fiber: 5.62g (22.48%), Magnesium: 82.83mg (20.71%), Vitamin B5: 2.06mg (20.6%), Iron: 3.47mg (19.26%), Copper: 0.37mg (18.61%), Vitamin E: 2.62mg (17.48%), Folate: 54.79µg (13.7%), Vitamin B12: 0.59µg (9.83%), Calcium: 60.31mg (6.03%), Vitamin D: 0.34µg (2.27%)