



 **20%**
HEALTH SCORE

Sweet & Sour Pork

 **Gluten Free**  **Dairy Free**

READY IN



61 min.

SERVINGS



4

CALORIES



1081 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons suya seasoning mix (Emeril Lagasse's Essence)
- 0.3 cup apple cider vinegar
- 4 servings rice cooked (for serving)
- 4 servings rice cooked (for serving)
- 4 servings rice cooked (for serving)
- 1 tablespoon cornstarch
- 2 tablespoons sherry dry
- 2 teaspoons garlic minced

- 2 tablespoons ginger minced
- 1 bell pepper green stemmed seeded cut into thin strips
- 0.3 cup spring onion for garnish
- 0.5 cup catsup
- 0.5 cup brown sugar light packed
- 0.5 cup brown sugar light packed
- 0.5 large onion peeled thinly sliced
- 2 cups pineapple cubed
- 0.5 cup pineapple juice
- 1 lb fatty pork lean cubed
- 1 teaspoon pepper red (If you don't like spicy reduce)
- 1 teaspoon sesame oil
- 4 teaspoons soya sauce
- 4 tablespoons vegetable oil
- 0.3 cup water

Equipment

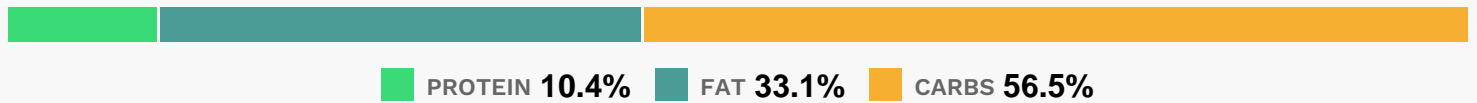
- bowl
- frying pan
- paper towels
- sauce pan

Directions

- Season the pork with essence and set aside.
- Combine the pineapple juice, ketchup, brown sugar, vinegar, water, soy sauce, pepper flakes and sesame oil in large bowl. In a large sauce pan heat 1 tbsp vegetable oil over medium high heat.
- Add the ginger and garlic and saute about 30 seconds.

- Pour the pineapple juice mixture into the saucepan with the ginger and garlic and bring to a boil.Reduce the heat and simmer, stirring to dissolve the sugar, about 3 minutes.In a smallbowl combine the cornstarch and the sherry, mixing well.
- Add the cornstarch–sherry mixture to the simmering pineapple juice mixture, stirring constantly.Reduce heat and simmer until thickened, about 5 minutes then remove from heat.In a large saute pan, heat 2 tbsp vegetable oil over medium–high heat.
- Add the pork stirring and cooking until golden brown, about 10 minutes.
- Remove pork and drain on paper towels.Return saute pan to medium heat and add remaining tbsp vegetable oil.
- Add the bell pepper and onion, stirring until soft, about 10 minutes.
- Add the sauce and bring to a boil.
- Add the cubed pineapple and pork, cover, lower the heat and simmer for about 30 minutes until pork is tender.Uncover and simmer until thickened, about 15 minutes.
- Serve over rice and top with chopped green onions.

Nutrition Facts



Properties

Glycemic Index:155.17, Glycemic Load:80.07, Inflammation Score:-7, Nutrition Score:32.82739141713%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 1080.52kcal (54.03%), Fat: 39.76g (61.16%), Saturated Fat: 11.42g (71.4%), Carbohydrates: 152.69g (50.9%), Net Carbohydrates: 148.06g (53.84%), Sugar: 73.03g (81.14%), Cholesterol: 81.65mg (27.22%), Sodium: 704.16mg (30.62%), Alcohol: 0.77g (100%), Protein: 28.11g (56.22%), Manganese: 2.42mg (121.02%), Vitamin C: 71.59mg (86.78%), Selenium: 47.36µg (67.66%), Vitamin B1: 1.01mg (67.03%), Vitamin K: 57.84µg (55.08%), Vitamin B6:

1.02mg (50.78%), Vitamin B3: 7.48mg (37.4%), Phosphorus: 352.25mg (35.23%), Zinc: 4.11mg (27.4%), Vitamin B2: 0.43mg (25.23%), Potassium: 881.17mg (25.18%), Magnesium: 91.76mg (22.94%), Copper: 0.46mg (22.76%), Iron: 3.78mg (20.98%), Vitamin B5: 2.09mg (20.87%), Fiber: 4.63g (18.51%), Vitamin E: 2.48mg (16.54%), Calcium: 163.76mg (16.38%), Folate: 54.29µg (13.57%), Vitamin B12: 0.79µg (13.23%), Vitamin A: 574.23IU (11.48%)