



Sweet & sour pork stir-fry

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 227 pineapple juice drained chopped canned
- 1 tbsp cornstarch
- 1 tbsp tomato sauce
- 1 tsp brown sugar
- 2.5 tbsp citrus champagne vinegar
- 1 tbsp unrefined sunflower oil
- 200 g fatty pork trimmed of fat
- 1 bell pepper red cut into chunks

3 spring onion shredded quartered

Equipment

wok

Directions

- Mix 4 tbsp of pineapple juice into the cornflour until smooth, then stir in the tomato sauce, soy, sugar and vinegar.
- Heat oil until very hot in a wok, then throw in the pork for 1 min, stirring. Lift pork out onto a plate, then set aside.
- Add the pepper, stir-fry for 2 mins, then add the pineapple and most of the spring onions for 30 secs. Stir in the sauce for 1 min, splashing in a little water as it cooks, then stir the pork back in for 20–30 secs until just cooked through it should still be tender. Scatter with the remaining spring onions and serve with rice or noodles.

Nutrition Facts

PROTEIN 17% **FAT 59.63%** **CARBS 23.37%**

Properties

Glycemic Index:77.5, Glycemic Load:7.76, Inflammation Score:-9, Nutrition Score:24.023043508115%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 432.92kcal (21.65%), Fat: 28.56g (43.94%), Saturated Fat: 8.61g (53.83%), Carbohydrates: 25.19g (8.4%), Net Carbohydrates: 23.09g (8.4%), Sugar: 16.06g (17.85%), Cholesterol: 72mg (24%), Sodium: 101.38mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.32g (36.63%), Vitamin C: 92.21mg (111.77%), Vitamin B1: 0.84mg (56.11%), Vitamin A: 2087.55IU (41.75%), Vitamin K: 41.1µg (39.15%), Selenium: 25.06µg (35.8%), Manganese: 0.7mg (34.86%), Vitamin B6: 0.69mg (34.43%), Vitamin E: 4.05mg (26.97%), Vitamin B3: 5.32mg (26.58%), Phosphorus: 210.31mg (21.03%), Vitamin B2: 0.33mg (19.33%), Potassium: 641.56mg (18.33%), Zinc: 2.57mg (17.13%), Folate: 65.01µg (16.25%), Vitamin B12: 0.7µg (11.67%), Magnesium: 45.49mg (11.37%), Iron: 1.94mg (10.78%), Vitamin B5: 0.96mg (9.59%), Fiber: 2.09g (8.37%), Copper: 0.16mg (8.08%), Calcium: 49.46mg (4.95%)