



 **20%**
HEALTH SCORE

Sweet & Spicy Cashew Pork

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

READY IN



45 min.

SERVINGS



6

CALORIES



374 kcal

SIDE DISH

Ingredients

- 1 cup broccoli
- 2 carrots sliced (diagonally and thinly)
- 1.5 cups cashew pieces
- 0.3 teaspoon ground pepper
- 0.5 cup chicken broth
- 2 tablespoons cornstarch
- 2 tablespoons ginger fresh minced ()
- 1 tablespoon garlic minced ()

- 0.5 cup catsup
- 1 cup mushrooms sliced ()
- 1 cup mushrooms sliced ()
- 0.3 cup cooking oil
- 1 small onion chopped ()
- 4 pieces fatty pork boneless cut into stips)
- 2 bell pepper red
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1.5 teaspoons sesame oil
- 4 teaspoons soya sauce
- 0.5 teaspoon sugar
- 3 tablespoons sugar
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- wok

Directions

- Combine sauce ingredients. Set aside. In a bowl, combine cornstarch, sugar & salt.
- Add pork and toss. heat wok.
- Add oil.
- Heat.
- Add pork, ginger, garlic and onion. Stir for about 1 minute.
- Add peppers, carrots and broccoli. Stir 2-3 minutes.
- Add mushrooms and sauce. Cook until boils.
- Add cashews and serve immediately.

Nutrition Facts

PROTEIN 9.08% FAT 56.93% CARBS 33.99%

Properties

Glycemic Index:76.54, Glycemic Load:8.63, Inflammation Score:-10, Nutrition Score:24.05521733087%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 373.59kcal (18.68%), Fat: 25.08g (38.59%), Saturated Fat: 3.47g (21.71%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 30.13g (10.95%), Sugar: 17.27g (19.19%), Cholesterol: 0.87mg (0.29%), Sodium: 869.47mg (37.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (18%), Vitamin A: 4872.77IU (97.46%), Vitamin C: 68.91mg (83.53%), Copper: 0.89mg (44.29%), Manganese: 0.75mg (37.43%), Vitamin K: 38.17µg (36.35%), Magnesium: 115.31mg (28.83%), Phosphorus: 268.43mg (26.84%), Vitamin E: 3.15mg (21.03%), Vitamin B6: 0.42mg (20.77%), Potassium: 659.18mg (18.83%), Iron: 3.22mg (17.91%), Vitamin B2: 0.28mg (16.3%), Zinc: 2.38mg (15.85%), Vitamin B1: 0.23mg (15.6%), Selenium: 10.65µg (15.21%), Fiber: 3.58g (14.32%), Vitamin B3: 2.78mg (13.91%), Folate: 50.46µg (12.62%), Vitamin B5: 1.08mg (10.81%), Calcium: 45.9mg (4.59%)