

Sweet & Sour Pork15

Number of Servings: 15 (209 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|---|
| 3.00 | lb | Pork, roast, top loin, lean, raw |
| 1.00 | cup | Water, municipal |
| 1/4 | cup | Cornstarch |
| 3 1/2 | cup | Pineapple, tidbits, w/light syrup, cnd, not drained |
| 2 1/2 | ea | Peppers, bell, green, sweet, fresh, med, 2 1/2" |
| 2.00 | ea | Onion, white, fresh, lrg, whole |
| 4 1/4 | tsp | Sauce, soy, Tamari |
| 3/8 | tsp | Spice, ginger, ground |

Nutrients per serving

| Nutrition Facts | |
|--|------------------------------|
| Serving Size (209g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 180 | Calories from Fat 45 |
| % Daily Value* | |
| Total Fat 5g | 8% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 50mg | 17% |
| Sodium 140mg | 6% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 1g | 4% |
| Sugars 9g | |
| Protein 21g | |
| Vitamin A 2% | • Vitamin C 35% |
| Calcium 4% | • Iron 6% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories 2,000 2,500 |
| Total Fat | Less Than 65g 80g |
| Saturated Fat | Less Than 20g 25g |
| Cholesterol | Less Than 300mg 300 mg |
| Sodium | Less Than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Notes

- *Cube lean pork loin into bite-sized pieces
- * save juice when draining pineapple for sauce (below)
- * Wash and deseed green peppers. dice.
- * Wash and clean onions, slice

Brown pork cubes.

Combine water, soy sauce, ginger & cornstarch, add pineapple juice drained from pineapple; cook in pan until clear & slightly thickened.

Combine sauce and browned meat and cook 30 minutes. Add pineapple chunks, green pepper and onions. Cook 10-15 minutes longer.

Serve 1 cup with an 8 oz ladle over 1/2 cup (#8 scoop) rice