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## Quick Asian Pork Stir-Fry ♦

This quick and easy Asian pork stir-fry is packed with flavor and perfect for a weeknight dinner. The tender pork is cooked with a variety of colorful vegetables and tossed in a delicious sauce. Serve it over steamed rice or noodles for a complete meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	Pork Tenderloin
<b>200 g</b>	broccoli
<b>150 g</b>	carrot
<b>150 g</b>	Red Bell Pepper
<b>100 g</b>	Snow Peas

4 cloves	garlic
2 tsp	Ginger
4 tbsp	soy sauce
2 tbsp	oyster sauce
2 tsp	sesame oil
1 tbsp	cornstarch
2 tbsp	vegetable oil

## Directions

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### Step 1

Cut

Slice the pork tenderloin into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Mixing

In a small bowl, whisk together soy sauce, oyster sauce, sesame oil, and cornstarch.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Heating

Heat vegetable oil in a large skillet or wok over high heat.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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### Step 4

Stir-frying

Add garlic and ginger to the skillet and cook for 1 minute until fragrant.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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### Step 5

Stir-frying

Add pork and stir-fry for 3-4 minutes until browned and cooked through.

**Prep Time:** 1 mins

**Cook Time:** 4 mins

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### Step 6

Stir-frying

Add broccoli, carrot, red bell pepper, and snow peas to the skillet and stir-fry for 2-3 minutes until crisp-tender.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

## Step 7

Stir-frying

Pour the sauce mixture over the stir-fry and cook for 1-2 minutes until the sauce thickens.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

## Step 8

Serving

Serve the stir-fry over steamed rice or noodles.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 320 kcal

**Fat:** 8 g

**Protein:** 30 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	6 g	15.79%	24%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	75 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	45 iu	5%	6.43%
Vitamin C	110 mg	122.22%	146.67%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	950 mg	41.3%	41.3%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	900 mg	26.47%	34.62%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	20 mg	181.82%	250%
Selenium	50 mcg	90.91%	90.91%

## Recipe Attributes

### Cuisines

Chinese Thai Mediterranean

### Course

Salads Snacks

### Cultural

Passover

### Demographics

Kids Friendly Teen Friendly Diabetic Friendly

### Diet

Mediterranean Diet Volumetrics Diet Paleo Diet Ketogenic Diet

Vegetarian Diet Raw Food Diet Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet The F-Plan Diet The SlimFast Diet

The CICO (Calories In, Calories Out) Diet

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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