



Pork and Pepper Stir Fry

Number of Servings: 2
Calories Per Serving: 365
PCF Ratio: 39-23-37

Single Serving Comment: 1/2 of recipe

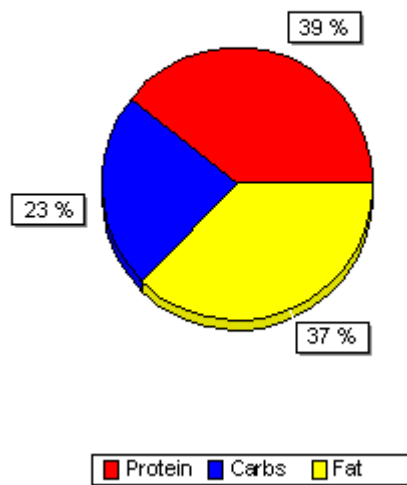
Cooking Instructions

Ingredients:

- 1 medium Green Sweet Pepper
 - 1 medium Red Sweet Pepper
 - 1 medium Yellow Sweet Pepper
 - 300g Pork Tenderloin
 - 2 tsp Raw Ginger Root
 - Juice from 1 Lime
 - 14 small raw Mushrooms
 - 6 medium Spring Onions
 - 1 tbsp Olive Oil
 - 3 tbsp Shoyu Soy Sauce
- (serves 2)

Heat oil in a wok until smoking. Add onions, peppers and ginger. Fry for two minutes then add pork and fry until cooked. Add mushrooms, soy and lime juice, cook until mushrooms are soft and serve at once

39-23-37 Ratio



Nutrition Information

Serving Size: 1/2 of recipe (529g)
 Servings: 1

Amount Per Serving

Calories 370 **Calories from Fat** 140

% Daily Value*

Total Fat 16g **24%**

Saturated Fat 4g **19%**

Cholesterol 100mg **33%**

Sodium 1,460mg **61%**

Total Carbohydrate 22g **7%**

Dietary Fiber 5g **21%**

Sugars 7 g

Protein 37 g

Vitamin A 50% Vitamin C 580%

Calcium 6% Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
GREEN PEPPER, SWEET, RAW (BELL)	2.75" long, 2.5" dia	1 medium	119	23.8	1	5.5	2.9	1.4	1.3		.1

Pork and Pepper Stir Fry (continued)

RED PEPPER, SWEET, RAW	2.75" long, 2.5" dia	1 medium	119	30.9	1.2	7.2	5	2.3	2.7		
YELLOW PEPPER, SWEET, RAW	large - 3.75" long, 3" dia	1 pepper	186	50.2	1.9	11.8					
PORK TENDERLOIN, RAW, SLF	fresh	300	300	408	61.6						
GINGER ROOT, RAW		2 tsp	4	3.2	.1	.7	.1				
LIME JUICE, RAW	juice of 1 lemon (2 1/8" dia)	1	38	9.5	.2	3.2	.6	.2	.2		.2
MUSHROOM, RAW		14 small	140	30.8	4.3	4.6	2.3	2.1	.2		
ONION, SPRING OR SCALLIONS, RAW	4-1/8" long, w/tops & bulb	6 medium	90	28.8	1.7	6.6	2.1				
EXTRA VIRGIN OLIVE OIL	salad or cooking	1 tbsp	14	119.3							
SOY SAUCE, SHOYU	from soy & wheat	3 tbsp	48	25.4	2.5	4.1	1.9				
Recipe Total:			1,058	730	74.4	43.6	14.8	6	4.5		.3
Single Serving Total:			529	365	37.2	21.8	7.4	3	2.2		.2

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)
GREEN PEPPER, SWEET, RAW (BELL)			2	.2	.1	.0	.1			21.4	440.3	.1	.0	.6
RED PEPPER, SWEET, RAW			2.4	.4	.1	.1	.1			186.8	3725.9	.1	.1	1.2
YELLOW PEPPER, SWEET, RAW			1.7	.4	.1					18.6	372	.1	.0	1.7
PORK TENDERLOIN, RAW, SLF				16.2	5.6		1.6	198		6	18	2.9	.8	13
GINGER ROOT, RAW			.1	.0										.0
LIME JUICE, RAW			.2	.0						.8	19	.0		.1
MUSHROOM, RAW			1.4	.5	.1		.2					.1	.6	5.1
ONION, SPRING OR SCALLIONS, RAW			2.3	.2	.0		.1			45	897.3	.0	.1	.5
EXTRA VIRGIN OLIVE OIL				13.5	1.8	.1	1.1							
SOY SAUCE, SHOYU			.4	.0			.0					.0	.1	1.6
Recipe Total:			10.4	31.4	7.7	.2	3.2	198		278.6	5472.5	3.2	1.7	23.7
Single Serving Total:			5.2	15.7	3.9	.1	1.6	99		139.3	2736.2	1.6	.9	11.8

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU	Calcium (mg)	Magnesium (mg)
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Pork and Pepper Stir Fry (continued)

GREEN PEPPER, SWEET, RAW (BELL)	.1	.3	13.1	13.1		13.1			95.7		.4		11.9	11.9
RED PEPPER, SWEET, RAW	.4	.3	21.4	21.4		21.4			226.1		1.9		8.3	14.3
YELLOW PEPPER, SWEET, RAW	.3	.3	48.4	48.4		48.4			341.3				20.5	22.3
PORK TENDERLOIN, RAW, SLF	2.7	1.5	15	15		15	2.4		2.7				15	75
GINGER ROOT, RAW			.4	.4		.4			.2		.0		.6	1.7
LIME JUICE, RAW	.0	.0	3.8	3.8		3.8			11.4		.1		5.3	3
MUSHROOM, RAW	2.1	.1	22.4	22.4		22.4	.1		2.9	106.4	.0		4.2	12.6
ONION, SPRING OR SCALLIONS, RAW	.1	.1	57.6	57.6		57.6			16.9		.5		64.8	18
EXTRA VIRGIN OLIVE OIL											1.6	2.5		
SOY SAUCE, SHOYU	.2	.1	7.7	7.7		7.7							8.2	16.3
Recipe Total:	5.8	2.7	189.8	189.8		189.8	2.4		697.2	106.4	4.5	2.5	138.8	175.2
Single Serving Total:	2.9	1.4	94.9	94.9		94.9	1.2		348.6	53.2	2.3	1.2	69.4	87.6

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
GREEN PEPPER, SWEET, RAW (BELL)	23.8	208.3	3.6			.1			.4	.1			.2
RED PEPPER, SWEET, RAW	30.9	251.1	2.4			.0			.5	.1		.1	.3
YELLOW PEPPER, SWEET, RAW	44.6	394.3	3.7			.2			.9	.2		.6	.3
PORK TENDERLOIN, RAW, SLF	666	1077	147			.1			3.6	.0		97.2	6
GINGER ROOT, RAW	1.4	16.6	.5			.0			.0	.0		.0	.0
LIME JUICE, RAW	5.3	44.5	.8			.0			.0			.0	.0
MUSHROOM, RAW	120.4	445.2	7			.4			.7	.1		13	.7
ONION, SPRING OR SCALLIONS, RAW	33.3	248.4	14.4			.1			1.3	.1		.5	.4
EXTRA VIRGIN OLIVE OIL	.1								.1				
SOY SAUCE, SHOYU	52.8	86.4	2743.2			.1			1	.2		.4	.2
Recipe Total:	978.7	2771.7	2922.6			1			8.5	1		111.9	8
Single Serving Total:	489.3	1385.9	1461.3			.5			4.2	.5		55.9	4