

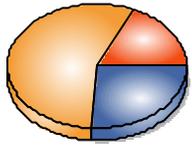


## Sweet and Sour Pork

By: Created by DrJez LLC

Recipe grams: 2173.79g/76.7oz

Serves 4 543.45g/19.2oz per serving



Protein: 30%  
Carbohydrates: 55%  
Fat: 15%

### INGREDIENTS

1/4 cup WHITE WINE VINEGAR  
3/4 cups WATER, MUNICIPAL  
1 tbsp SUGAR BLEND FOR BAKING, SPLENDA  
1 tbsp HOISIN SAUCE  
1 tbsp SOY SAUCE (SHOYU), LOWER SODIUM  
1 large EGG WHITE, CHICKEN, RAW  
1 tbsp CORNSTARCH  
1/4 cup CORNSTARCH  
12 oz PORK TENDERLOIN, RAW, SLO  
1/2 tbsp SESAME OIL, TOASTED, UNREFINED  
1 medium ONION, RAW  
3 plum-tomatos TOMATO, RED, RIPE, RAW  
2 medium GREEN PEPPER, SWEET, RAW (BELL)  
2 medium CARROT, RAW  
1 small YAMBEAN (JICAMA) RAW  
1/2 cup PINEAPPLE, CHUNKS OR TIDBITS IN JUICE  
2 cups MUNG BEAN, SPROUTED, RAW  
1 medium RED PEPPER, SWEET, RAW

### DIRECTIONS

Combine vinegar and next 5 ingredients and whisk until combined. Set aside.

Cut vegetables into bite size pieces. Keep sizes roughly equal.

Add 1 tsp of water to egg white and beat lightly. Cut tenderloin into bite size pieces. Dip in egg white and coat with cornstarch.

Add oil to large skillet. Take a paper towel and spread the oil in the pan evenly.

Heat the pan until oil is hot, but not smoking. Add pork and sear until light golden brown, turning constantly. Remove from pan.

Add first 5 vegetables (onion through jicama) to pan and toss over heat until bright in color and tender. Add water as needed to keep the pan from getting dry. Add remaining vegetables and continue until heated through. Remove the pan from the heat and push vegetables from the center and add the reserved sauce. Return pan to heat and stir the sauce until it begins to thicken. Add pork and toss with vegetables until coated.

Serve over bed of bean sprouts.

Optional vegetables may be added as desired.

### Nutrition Facts

Serving Size: 1 serving (543.4g)

Servings: 1

#### Amount Per Serving

Calories 300 Calories from Fat 45

% Daily Value\*

**Total Fat** 5g **8%**

Saturated Fat 1.5g **6%**

Trans Fat 0g

**Cholesterol** 55mg **20%**

**Sodium** 260mg **10%**

**Total Carbohydrate** 42g **15%**

Dietary Fiber 9g **35%**

Sugars 19g

**Protein** 23g

Vitamin A 130%

Vitamin C 240%

Calcium 6%

Iron 15%

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