

# Sweet and Sour Pork with Hungry Planet Pork - 1717

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	11.66 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient
1	6 lb 4.00 oz	0%	6 lb 4.00 oz		Hungry Planet Pork™
	50.00 oz	0%	50.00 oz		Pineapple, canned, juice pack, drained
	~ 1 1/2 qt	1 lb 11.81 oz	0%	1 lb 11.81 oz	Onion, diced
	6.2 ea	1 lb 10.24 oz	0%	1 lb 10.24 oz	Peppers red bell, medium
	19 tbsp	0 lb 2.93 oz	0%	0 lb 2.93 oz	Green onions, tops only, chopped
	25 tbsp	0 lb 7.81 oz	0%	0 lb 7.81 oz	Seeds, sesame seeds, whole, roasted and toasted
		75.00 oz	0%	75.00 oz	Sauce, sweet and sour, ready-to-serve
	6 1/4 tsp	0 lb 0.42 oz	0%	0 lb 0.42 oz	Spices, anise seed
	6 1/4 tsp	0 lb 1.00 oz	0%	0 lb 1.00 oz	Oil, sesame
	6 1/4 tsp	0 lb 0.35 oz	0%	0 lb 0.35 oz	Red pepper flakes

1. In a large skillet on medium heat, add 2 tablespoons of vegetable oil, and 1 teaspoon of sesame oil. Next add Hungry Planet Pork, and break up the mixture with a spoon. Cook pork until lightly browned, about 6 minutes. Remove pork from the pan.

2. Next add 1 tablespoon of oil to the same pan. Add onions, peppers and pineapple and cook for 4 minutes, on medium heat.. Next add the star anise, green onions, red pepper flakes, and sweet and sour sauce. Cook an additional 3 minutes on low. Add half of the sesame seeds, and pork back to the pan and stir. To serve, top rice with pork, and garnish with the rest of the sesame seeds and green onions

## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	18 lb 3.57 oz	0 %	18 lb 3.57 oz	0 %	18 lb 3.57 oz
Size of portion	11.66 oz		11.66 oz		11.66 oz

## NUTRITION INFORMATION

supply / 100 g

Energy nutritives	% of energy	RI	Calories	RI	Minerals		RI		
					Salt	0.38 g	6 %		
					Salt	0.38 %		Vitamins	
Total fat	2.75 g	19.85 %	4 %	122.38 kcal	6 %	Sodium	151.69 mg	Vitamin A	16.93 µg
Saturated	0.24 g	1.73 %	1 %	512.04 kJ		Phosphorus	26.08 mg	Vitamin D	0.00 µg
Monounsaturated	0.64 g	4.62 %		0.51 MJ		Potassium	216.07 mg	Thiamine	0.06 mg
Polyunsaturated	0.73 g	5.25 %				Iron	1.20 mg	Riboflavin	0.03 mg
Trans	0.00 g	0.00 %				Calcium	52.89 mg	Niacin	0.33 mg
Cholesterol	0.00 mg					Zinc	0.28 mg	Vitamin B6	0.09 mg
Linolenic acid	0.71 g					Magnesium	16.61 mg	Vitamin B12	0.00 µg
Alpha-linolenic acid	0.21 mg					Iodine	0.00 µg	Folate	0.00 µg
Total Carbohydrate	17.84 g	59.23 %	7 %			Selenium	1.16 µg	Vitamin C	16.21 mg
Sugars	8.09 g	-1.58 %	9 %			Copper	0.11 mg	Vitamin E	0.16 mg
Sugar	0.00 g							Vitamin K	2.27 µg
Lactose	0.00 g								
Fiber	3.07 g	4.80 %							
Organic acids	0.00 g	0.00 %							
Sugar alcohol	0.00 g	0.00 %							
								Others	