

# One-Pan Sweet Chili Pork & Brussels Sprouts

Recipe group	Additional name				Diet factors	Portions	Portion size
-						25	8.99 oz

  

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	5 tbsp		0 lb 2.40 oz	0%	0 lb 2.40 oz Vegetable oil	Add the oil to a large cast-iron or heavy-bottomed pan and swirl to just grease the surface evenly. Place the halved brussels sprouts, cut-side down, in the cold pan, gently pressing them down to ensure contact with the pan.
	412 1/3 tbsp		5 lb 0.00 oz	0%	5.00 lb Brussels sprouts, raw	
2						Heat the pan with the brussels sprouts over medium-high heat. When the brussels sprouts begin sizzling loudly, turn the heat down to medium.
3			3 lb 12.00 oz	0%	3 lb 12.00 oz Hungry Planet Pork™	Check the bottoms of the brussels sprouts after 3-5 minutes. When they are light golden brown, scoot them to the side of the pan. Add the remaining oil and the Hungry Planet Pork and onion to the center of the pan.
	5.2 ea		1 lb 4.00 oz	0%	1 lb 4.00 oz Onion, yellow, medium	
	10 tbsp		0 lb 4.81 oz	0%	0 lb 4.81 oz Vegetable oil	
4						Break the pork up with a spatula and cook until golden brown, 2-3 minutes.
5						Pour in ¼ cup water and cover the pan to steam-cook the vegetables and pork.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	~ 2 pt	2 lb 10.50 oz	0%	2 lb 10.50 oz	Sweet Hot Thai Chili Sauce	After 1 minute, remove the lid and pour in the sweet chili sauce, sriracha, and sesame oil and cook, stirring frequently, until the sauce is thickened and everything is evenly coated. Taste and season with additional sriracha and/or salt, if desired.
	~ 2/3 cup	0 lb 7.50 oz	0%	0 lb 7.50 oz	Sauce, hot chile, sriracha	
	~ 1/3 cup	0 lb 2.50 oz	0%	0 lb 2.50 oz	Oil, sesame	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	1 1/4 pt	0 lb 5.00 oz	0%	0 lb 5.00 oz	Onion, scallion <i>Green tops only</i>	Serve immediately on its own, with rice, or rice noodles, with sliced green onions scattered over the top.

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	14 lb 0.71 oz	0 %	14 lb 0.71 oz	0 %	14 lb 0.71 oz
Size of portion	8.99 oz		8.99 oz		8.99 oz

## NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Calories	Minerals			
<b>Total fat</b>	<b>5.28 g</b>	<b>36.89 %</b>	<b>126.50 kcal</b>	<b>Salt</b>	<b>0.48 g</b>		
Saturated	0.42 g	2.94 %	529.27 kJ	Salt	0.48 %	Vitamins	
Monounsaturated	2.48 g	17.34 %	0.53 MJ	Sodium	193.39 mg	Vitamin A	19.14 µg
Polyunsaturated	1.42 g	9.95 %		Phosphorus	30.83 mg	Vitamin D	0.00 µg
Trans	0.01 g	0.09 %		Potassium	280.52 mg	Thiamine	0.07 mg
Cholesterol	0.00 mg			Iron	1.10 mg	Riboflavin	0.05 mg
Linolenic acid	1.09 g			Calcium	34.18 mg	Niacin	0.37 mg
Alpha-linolenic acid	293.13 mg			Zinc	0.20 mg	Vitamin B6	0.12 mg
<b>Total Carbohydrate</b>	<b>14.45 g</b>	<b>46.42 %</b>		Magnesium	11.57 mg	Vitamin B12	0.00 µg
Sugars	5.26 g	-0.99 %		Iodine	0.00 µg	Folate	0.00 µg
Sugar	0.00 g			Selenium	0.72 µg	Vitamin C	33.88 mg
Lactose	0.00 g			Copper	0.05 mg	Vitamin E	1.07 mg
Fiber	3.26 g	4.92 %				Vitamin K	70.50 µg
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	54.34 g
Starch	0.00 g	0.00 %					
Protein	6.53 g	20.98 %					
Alcohol	0.00 g	0.00 %					