



Kung Pao Pork

Makes 4 servings

Ingredients:

- 1 pound boneless pork loin, sliced into bite-sized pieces about ¼" thick
- 1 1 pound bag or broccoli slaw
- 1 red bell pepper, cut into ¼-inch strips
- ¼ cup water
- ½ cup spicy Szechuan stir-fry sauce (or substitute a combination of 3 tablespoons hoisin sauce, 1½ tablespoons vinegar, 1 tablespoon sugar or equivalent of sugar substitute, and 2 tablespoons Picante sauce)
- 1 tablespoon honey
- Oil for stir-frying

Directions: Remember to Wash Your Hands!

1. Combine ingredients for sauce, if using the substitute for Szechuan sauce.
2. Heat 1-2 tablespoons oil in a wok or heavy skillet. Add broccoli slaw and stir-fry 2-3 minutes.
3. Add red pepper and stir-fry and additional 2-3 minutes.
4. Remove vegetables and from pan and set aside.
5. Add another tablespoon of oil to pan and stir-fry pork for about 5 minutes until browned.
6. Add vegetables and water and cook for an additional 4-5 minutes.
7. Add sauce and honey; cook and stir until heated through.
8. Serve over hot cooked rice.

Nutrition Facts	
Serving Size about 1 cup (287g)	
Servings Per Container 4	
Amount Per Serving	
Calories 360	Calories from Fat 190
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 530mg	22%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	15%
Sugars 10g	
Protein 26g	
Vitamin A 35%	Vitamin C 230%
Calcium 8%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000		2,500	
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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