

Sweet and Sour Pork I

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pork-medallion-recipe>

Ingredients:

- 1 pound pork medallions
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 tablespoon water
- 1 egg
- 1/4 cup tapioca starch
- 2 tablespoons vegetable oil
- 1 green bell pepper chopped
- 1 red chile pepper chopped, optional
- 1/2 cup crushed pineapple
- 1 onion chopped
- 1 tomato chopped
- 4 tablespoons white sugar
- 1/2 teaspoon salt
- 1 1/2 tablespoons cornstarch
- 4 tablespoons white vinegar
- 3 tablespoons ketchup
- 2 tablespoons plum sauce
- 5 tablespoons water

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 55 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 1240 milligrams

9. Sugar: 20 grams

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