

# Stir-Fried Pork and Bok Choy

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/stir-fried-pork-recipe-chinese>

## Ingredients:

- 2 tablespoons dry sherry
- 1 tablespoon low sodium soy sauce
- 1/2 teaspoon chili paste Asian red
- 1 pound baby bok choy
- 1 pound pork tenderloin
- 3 teaspoons peanut oil
- 2 garlic cloves pressed or minced
- 1 tablespoon fresh ginger minced or grated
- 1/4 teaspoon red pepper flakes
- 2 cups cooked brown rice

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 75 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 310 milligrams
9. Sugar: 1 grams

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