**Sweet-and-Sour-Pork**

1. Images – there’s a separate file.



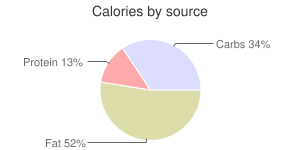
1. Name: Sweet-and-Sour-Pork
2. Description:

Sweet and sour pork is a dish frequently served in Chinese restaurants in various Western countries. It is common in Australia, Europe, North America and South America, and is available at some restaurants in East and Southeast Asia in an essentially identical version. The dish generally comprises cubes of pork deep-fried in batter and subsequently stir-fried in a more customized version of sweet and sour sauce made of sugar, ketchup, white vinegar, and soy sauce, and additional ingredients including pineapple, green pepper (capsicum), and onion. In more elaborate preparations, the dish's tartness is controlled by requiring that Chinese white rice vinegar be used sparingly and using ketchups with less vinegary tastes, while some restaurants use unripe kiwifruits and HP sauce in place of vinegar. Usually it is topped with pineapple, green pepper, carrot, or sweet pickles.

Adapted from [*https://en.wikipedia.org/wiki/Sweet\_and\_sour*](https://en.wikipedia.org/wiki/Sweet_and_sour)

1. Nutrition Fact

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| |  |  | | --- | --- | | **Nutrition Facts** | | | Serving Size | 100 g | |  | | | **Amount Per Serving** | | |  | | | **Calories** 270 | | |  | | | **% Daily Value** | | |  | | | **Total Fat** 16g | **21 %** | |  | | | Saturated Fat 2.7g | **14 %** | |  | | | **Cholesterol** 24mg | **8 %** | |  | | | **Sodium** 304mg | **13 %** | |  | | | **Total Carbohydrate** 23g | **8 %** | |  | | | Dietary Fiber 1g | **4 %** | |  | | | Sugar 10g |  | |  | | | **Protein** 8.9g | **18 %** | |  | | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Vitamin A | 11 % | **•** |  | Vitamin C | 3 % | | | |  | | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | Calcium | 4 % | **•** | Iron | 17 % | | | |  | | | Daily values are based on 2000 calorie diet. | | |



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| **Vitamins** | | |
| **Nutrient** | **Amount** | **DV** |
| [Betaine](javascript:openPopUp('https://en.wikipedia.org/wiki/Trimethylglycine');void(0);) | 7.4 mg |  |
| [Choline](javascript:openPopUp('https://en.wikipedia.org/wiki/Choline');void(0);) | 32.5 mg |  |
| [Niacin](javascript:openPopUp('https://en.wikipedia.org/wiki/Niacin');void(0);) | 2.112 mg | 13 % |
| [Pantothenic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Pantothenic%20acid');void(0);) | 0.443 mg | 9 % |
| [Riboflavin](javascript:openPopUp('https://en.wikipedia.org/wiki/Riboflavin');void(0);) | 0.103 mg | 8 % |
| [Thiamin](javascript:openPopUp('https://en.wikipedia.org/wiki/Thiamin');void(0);) | 0.235 mg | 20 % |
| [Vitamin A](javascript:openPopUp('https://en.wikipedia.org/wiki/Vitamin%20A');void(0);) | 553.00 IU | 11 % |
| [Vitamin A, RAE](javascript:openPopUp('https://en.wikipedia.org/wiki/Retinol');void(0);) | 29.00 mcg |  |
| [Carotene, alpha](javascript:openPopUp('https://en.wikipedia.org/wiki/Carotene');void(0);) | 139.00 mcg |  |
| [Carotene, beta](javascript:openPopUp('https://en.wikipedia.org/wiki/Carotene');void(0);) | 259.00 mcg |  |
| [Cryptoxanthin, beta](javascript:openPopUp('https://en.wikipedia.org/wiki/Cryptoxanthin');void(0);) | 0.00 mcg |  |
| [Lutein + zeaxanthin](javascript:openPopUp('https://en.wikipedia.org/wiki/Lutein%20%2B%20zeaxanthin');void(0);) | 22.00 mcg |  |
| [Lycopene](javascript:openPopUp('https://en.wikipedia.org/wiki/Lycopene');void(0);) | 199.00 mcg |  |
| [Vitamin B12](javascript:openPopUp('https://en.wikipedia.org/wiki/Vitamin%20B12');void(0);) | 0.19 mcg | 8 % |
| [Vitamin B6](javascript:openPopUp('https://en.wikipedia.org/wiki/Vitamin%20B6');void(0);) | 0.170 mg | 13 % |
| [Vitamin C](javascript:openPopUp('https://en.wikipedia.org/wiki/Vitamin%20C');void(0);) | 2.3 mg | 3 % |
| [Vitamin E](javascript:openPopUp('https://en.wikipedia.org/wiki/Vitamin%20E');void(0);) | 0.89 mg | 4 % |
| [Tocopherol, alpha](javascript:openPopUp('https://en.wikipedia.org/wiki/Tocopherol');void(0);) | 0.89 mg |  |
| [Tocopherol, beta](javascript:openPopUp('https://en.wikipedia.org/wiki/Tocopherol');void(0);) | 0.06 mg |  |
| [Tocopherol, delta](javascript:openPopUp('https://en.wikipedia.org/wiki/Tocopherol%2C%20delta');void(0);) | 1.28 mg |  |
| [Tocopherol, gamma](javascript:openPopUp('https://en.wikipedia.org/wiki/Tocopherol');void(0);) | 3.27 mg |  |
| [Tocotrienol, alpha](javascript:openPopUp('https://en.wikipedia.org/wiki/Tocotrienol');void(0);) | 0.00 mg |  |
| [Tocotrienol, beta](javascript:openPopUp('https://en.wikipedia.org/wiki/Tocotrienol');void(0);) | 0.00 mg |  |
| [Tocotrienol, delta](javascript:openPopUp('https://en.wikipedia.org/wiki/Tocotrienol%2C%20delta');void(0);) | 0.00 mg |  |
| [Tocotrienol, gamma](javascript:openPopUp('https://en.wikipedia.org/wiki/Tocotrienol');void(0);) | 0.01 mg |  |
| [Vitamin K](javascript:openPopUp('https://en.wikipedia.org/wiki/Vitamin%20K');void(0);) | 27.9 mcg | 23 % |

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| **Minerals** | | |
| **Nutrient** | **Amount** | **DV** |
| [Calcium, Ca](javascript:openPopUp('https://en.wikipedia.org/wiki/Calcium');void(0);) | 46.00 mg | 4 % |
| [Copper, Cu](javascript:openPopUp('https://en.wikipedia.org/wiki/Copper');void(0);) | 0.060 mg | 7 % |
| [Iron, Fe](javascript:openPopUp('https://en.wikipedia.org/wiki/Iron');void(0);) | 3.07 mg | 17 % |
| [Magnesium, Mg](javascript:openPopUp('https://en.wikipedia.org/wiki/Magnesium');void(0);) | 13.00 mg | 3 % |
| [Manganese, Mn](javascript:openPopUp('https://en.wikipedia.org/wiki/Manganese');void(0);) | 0.173 mg | 8 % |
| [Phosphorus, P](javascript:openPopUp('https://en.wikipedia.org/wiki/Phosphorus');void(0);) | 133.00 mg | 19 % |
| [Potassium, K](javascript:openPopUp('https://en.wikipedia.org/wiki/Potassium');void(0);) | 152.00 mg | 3 % |
| [Selenium, Se](javascript:openPopUp('https://en.wikipedia.org/wiki/Selenium');void(0);) | 9.7 mcg | 18 % |
| [Sodium, Na](javascript:openPopUp('https://en.wikipedia.org/wiki/Sodium');void(0);) | 304.00 mg | 13 % |
| [Zinc, Zn](javascript:openPopUp('https://en.wikipedia.org/wiki/Zinc');void(0);) | 1.07 mg | 10 % |

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| **Proteins and Aminoacids** | | |
| **Nutrient** | **Amount** | **DV** |
| [Protein](javascript:openPopUp('https://en.wikipedia.org/wiki/Protein');void(0);) | 8.91 g | 18 % |
| [Alanine](javascript:openPopUp('https://en.wikipedia.org/wiki/Alanine');void(0);) | 0.482 g |  |
| [Arginine](javascript:openPopUp('https://en.wikipedia.org/wiki/Arginine');void(0);) | 0.549 g |  |
| [Aspartic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Aspartic%20acid');void(0);) | 0.781 g |  |
| [Cystine](javascript:openPopUp('https://en.wikipedia.org/wiki/Cystine');void(0);) | 0.113 g |  |
| [Glutamic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Glutamic%20acid');void(0);) | 1.921 g |  |
| [Glycine](javascript:openPopUp('https://en.wikipedia.org/wiki/Glycine');void(0);) | 0.406 g |  |
| [Histidine](javascript:openPopUp('https://en.wikipedia.org/wiki/Histidine');void(0);) | 0.293 g |  |
| [Isoleucine](javascript:openPopUp('https://en.wikipedia.org/wiki/Isoleucine');void(0);) | 0.384 g | 27 % |
| [Leucine](javascript:openPopUp('https://en.wikipedia.org/wiki/Leucine');void(0);) | 0.720 g | 26 % |
| [Lysine](javascript:openPopUp('https://en.wikipedia.org/wiki/Lysine');void(0);) | 0.675 g | 32 % |
| [Methionine](javascript:openPopUp('https://en.wikipedia.org/wiki/Methionine');void(0);) | 0.211 g | 20 % |
| [Phenylalanine](javascript:openPopUp('https://en.wikipedia.org/wiki/Phenylalanine');void(0);) | 0.350 g | 20 % |
| [Proline](javascript:openPopUp('https://en.wikipedia.org/wiki/Proline');void(0);) | 0.457 g |  |
| [Serine](javascript:openPopUp('https://en.wikipedia.org/wiki/Serine');void(0);) | 0.388 g |  |
| [Threonine](javascript:openPopUp('https://en.wikipedia.org/wiki/Threonine');void(0);) | 0.380 g | 36 % |
| [Tryptophan](javascript:openPopUp('https://en.wikipedia.org/wiki/Tryptophan');void(0);) | 0.104 g | 37 % |
| [Tyrosine](javascript:openPopUp('https://en.wikipedia.org/wiki/Tyrosine');void(0);) | 0.258 g | 15 % |
| [Valine](javascript:openPopUp('https://en.wikipedia.org/wiki/Valine');void(0);) | 0.419 g | 23 % |

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| **Carbohydrates** | | |
| **Nutrient** | **Amount** | **DV** |
| [Carbohydrate](javascript:openPopUp('https://en.wikipedia.org/wiki/Carbohydrate');void(0);) | 23.34 g | 8 % |
| [Fiber](javascript:openPopUp('https://en.wikipedia.org/wiki/Fiber');void(0);) | 1.0 g | 4 % |
| [Sugars](javascript:openPopUp('https://en.wikipedia.org/wiki/Sugars');void(0);) | 10.34 g |  |
| [Fructose](javascript:openPopUp('https://en.wikipedia.org/wiki/Fructose');void(0);) | 2.85 g |  |
| [Galactose](javascript:openPopUp('https://en.wikipedia.org/wiki/Galactose');void(0);) | 0.00 g |  |
| [Glucose (dextrose)](javascript:openPopUp('https://en.wikipedia.org/wiki/Glucose%20%28dextrose%29');void(0);) | 3.01 g |  |
| [Lactose](javascript:openPopUp('https://en.wikipedia.org/wiki/Lactose');void(0);) | 0.00 g |  |
| [Maltose](javascript:openPopUp('https://en.wikipedia.org/wiki/Maltose');void(0);) | 0.00 g |  |
| [Starch](javascript:openPopUp('https://en.wikipedia.org/wiki/Starch');void(0);) | 11.75 g |  |
| [Sucrose](javascript:openPopUp('https://en.wikipedia.org/wiki/Sucrose');void(0);) | 4.47 g |  |

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| **Fats and Fatty Acids** | | |
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| **Nutrient** | **Amount** | **DV** |
| [Fat](javascript:openPopUp('https://en.wikipedia.org/wiki/Fat');void(0);) | 15.66 g | 20 % |
| [Saturated fatty acids](javascript:openPopUp('https://en.wikipedia.org/wiki/Saturated%20fatty%20acids');void(0);) | 2.680 g | 13 % |
| [Butanoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Butanoic%20acid');void(0);) | 0.003 g |  |
| [Decanoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Decanoic%20acid');void(0);) | 0.005 g |  |
| [Docosanoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Docosanoic%20acid');void(0);) | 0.035 g |  |
| [Dodecanoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Dodecanoic%20acid');void(0);) | 0.003 g |  |
| [Eicosanoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Eicosanoic%20acid');void(0);) | 0.039 g |  |
| [Heptadecanoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Heptadecanoic%20acid');void(0);) | 0.018 g |  |
| [Hexadecanoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Hexadecanoic%20acid');void(0);) | 1.794 g |  |
| [Hexanoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Hexanoic%20acid');void(0);) | 0.000 g |  |
| [Octadecanoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Octadecanoic%20acid');void(0);) | 0.719 g |  |
| [Octanoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Octanoic%20acid');void(0);) | 0.006 g |  |
| [Pentadecanoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Pentadecanoic%20acid');void(0);) | 0.004 g |  |
| [Tetracosanoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Tetracosanoic%20acid');void(0);) | 0.012 g |  |
| [Tetradecanoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Tetradecanoic%20acid');void(0);) | 0.042 g |  |
| [Monounsaturated fatty acids](javascript:openPopUp('https://en.wikipedia.org/wiki/Monounsaturated%20fatty%20acids');void(0);) | 3.527 g |  |
| [Cis-hexadecenoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Cis-hexadecenoic%20acid');void(0);) | 0.074 g |  |
| [Cis-octadecenoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Cis-octadecenoic%20acid');void(0);) | 3.323 g |  |
| [Docosenoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Docosenoic%20acid');void(0);) | 0.007 g |  |
| [Docosenoic cis acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Docosenoic%20cis%20acid');void(0);) | 0.004 g |  |
| [Docosenoic trans acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Docosenoic%20trans%20acid');void(0);) | 0.003 g |  |
| [Eicosenoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Eicosenoic%20acid');void(0);) | 0.072 g |  |
| [Heptadecenoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Heptadecenoic%20acid');void(0);) | 0.015 g |  |
| [Hexadecenoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Hexadecenoic%20acid');void(0);) | 0.074 g |  |
| [Octadecenoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Octadecenoic%20acid');void(0);) | 3.354 g |  |
| [Pentadecenoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Pentadecenoic%20acid');void(0);) | 0.000 g |  |
| [Tetracosenoic cis acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Tetracosenoic%20cis%20acid');void(0);) | 0.003 g |  |
| [Tetradecenoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Tetradecenoic%20acid');void(0);) | 0.002 g |  |
| [Trans-hexadecenoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Trans-hexadecenoic%20acid');void(0);) | 0.001 g |  |
| [Trans-octadecenoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Trans-octadecenoic%20acid');void(0);) | 0.030 g |  |
| [Polyunsaturated fatty acids](javascript:openPopUp('https://en.wikipedia.org/wiki/Polyunsaturated%20fatty%20acids');void(0);) | 7.116 g |  |
| [Cis,cis,cis-octadecatrienoic n-3 acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Cis%2Ccis%2Ccis-octadecatrienoic%20n-3%20acid');void(0);) | 0.785 g |  |
| [Cis,cis,cis-octadecatrienoic n-6 acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Cis%2Ccis%2Ccis-octadecatrienoic%20n-6%20acid');void(0);) | 0.001 g |  |
| [Cis,cis-eicosadienoic n-6 acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Cis%2Ccis-eicosadienoic%20n-6%20acid');void(0);) | 0.013 g |  |
| [Cis,cis-octadecadienoic n-6 acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Cis%2Ccis-octadecadienoic%20n-6%20acid');void(0);) | 6.205 g |  |
| [Docosahexaenoic n-3 acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Docosahexaenoic%20n-3%20acid');void(0);) | 0.002 g |  |
| [Docosapentaenoic n-3 acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Docosapentaenoic%20n-3%20acid');void(0);) | 0.003 g |  |
| [Docosatetraenoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Docosatetraenoic%20acid');void(0);) | 0.005 g |  |
| [Eicosadienoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Eicosadienoic%20acid');void(0);) | 0.006 g |  |
| [Eicosadienoic n-3 acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Eicosadienoic%20n-3%20acid');void(0);) | 0.002 g |  |
| [Eicosadienoic n-6 acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Eicosadienoic%20n-6%20acid');void(0);) | 0.004 g |  |
| [Eicosapentaenoic n-3 acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Eicosapentaenoic%20n-3%20acid');void(0);) | 0.004 g |  |
| [Eicosatetraenoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Eicosatetraenoic%20acid');void(0);) | 0.025 g |  |
| [Octadecadienoic CLAs acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Octadecadienoic%20CLAs%20acid');void(0);) | 0.014 g |  |
| [Octadecadienoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Octadecadienoic%20acid');void(0);) | 6.271 g |  |
| [Octadecatetraenoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Octadecatetraenoic%20acid');void(0);) | 0.000 g |  |
| [Octadecatrienoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Octadecatrienoic%20acid');void(0);) | 0.787 g |  |
| [Trans-octadecadienoic acid](javascript:openPopUp('https://en.wikipedia.org/wiki/Trans-octadecadienoic%20acid');void(0);) | 0.052 g |  |
| [Fatty acids, total trans](javascript:openPopUp('https://en.wikipedia.org/wiki/Fatty%20acids%2C%20total%20trans');void(0);) | 0.087 g |  |
| [Fatty acids, total trans-monoenoic](javascript:openPopUp('https://en.wikipedia.org/wiki/Fatty%20acids%2C%20total%20trans-monoenoic');void(0);) | 0.034 g |  |
| [Fatty acids, total trans-polyenoic](javascript:openPopUp('https://en.wikipedia.org/wiki/Fatty%20acids%2C%20total%20trans-polyenoic');void(0);) | 0.052 g |  |

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| **Sterols** | | |
| **Nutrient** | **Amount** | **DV** |
| [Cholesterol](javascript:openPopUp('https://en.wikipedia.org/wiki/Cholesterol');void(0);) | 24.00 mg | 8 % |

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| **Other** | | |
| **Nutrient** | **Amount** | **DV** |
| [Ash](javascript:openPopUp('https://en.wikipedia.org/wiki/Ash_%28analytical_chemistry%29');void(0);) | 1.25 g |  |
| [Menaquinone-4](javascript:openPopUp('https://en.wikipedia.org/wiki/Menaquinone-4');void(0);) | 2.0 mcg |  |
| [Water](javascript:openPopUp('https://en.wikipedia.org/wiki/Water');void(0);) | 50.84 g |  |

From: <https://www.nutritionvalue.org/Restaurant%2C_sweet_and_sour_pork%2C_Chinese_nutritional_value.html>