

Cabbage and Pork Stir Fry

Check serving size first - how many servings are in one container? The nutrients listed on the label are only for one serving.

Limit saturated fats and trans fats.

Opt for whole grain carbohydrates and reduce added sugars

Choose higher protein products

Nutrition Facts	
servings per container	
Serving size	(488g)
Amount per serving	
Calories	430
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 250mg	11%
Total Carbohydrate 60g	22%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 103mg	8%
Iron 4mg	20%
Potassium 1023mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Developed in collaboration with CTAHR's Department of Human Nutrition, Food and Animal Sciences, its Dietetics Program and nutrition students



COLLEGE OF TROPICAL AGRICULTURE
AND HUMAN RESOURCES
UNIVERSITY OF HAWAII AT MĀNOA

Cabbage and Pork Stir Fry

Check serving size first - how many servings are in one container? The nutrients listed on the label are only for one serving.

Limit saturated fats and trans fats.

Opt for whole grain carbohydrates and reduce added sugars

Choose higher protein products

Nutrition Facts	
servings per container	
Serving size	(488g)
Amount per serving	
Calories	430
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 250mg	11%
Total Carbohydrate 60g	22%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 103mg	8%
Iron 4mg	20%
Potassium 1023mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Developed in collaboration with CTAHR's Department of Human Nutrition, Food and Animal Sciences, its Dietetics Program and nutrition students



COLLEGE OF TROPICAL AGRICULTURE
AND HUMAN RESOURCES
UNIVERSITY OF HAWAII AT MĀNOA

Cabbage and Pork Stir Fry

Ingredients:

1 pound pork tenderloin (or other lean meat)
1 medium (approximately 1 ½ lbs) head green cabbage
1/2 tbsp oil

Sauce:

1/8 tsp garlic or 1 clove garlic, crushed with knife

Optional: 1 thumb size piece ginger, crushed with knife

1 tbsp Aloha brand Shoyu, low-sodium

1 teaspoon cornstarch

1/2 teaspoon sugar

Serve on the side to compliment meal:

4 cups of cooked rice (brown or hapa)

Serving size: 4

Method:

1. Slice meat into thin 1 ½" strips. Set aside.
2. In a small bowl, Combine sauce ingredients: garlic, ginger (if using), soy sauce, cornstarch, and sugar.
3. Marinate meat in sauce mixture for about 15-20 minutes.
4. Cut cabbage into 1-2 inch lengths. Set aside.
5. Add oil to a large pan or wok on medium-high heat.
6. Once oil is heated, add the marinated pork and cook until browned, stirring every so often.
7. Once meat is browned, add the cabbage and stir-fry for a few minutes. Add 2 - 3 tbsp warm water to pan and cover with a lid to cook cabbage quicker.
8. Serve with a side of rice.



Cabbage and Pork Stir Fry

Ingredients:

1 pound pork tenderloin (or other lean meat)
1 medium (approximately 1 ½ lbs) head green cabbage
1/2 tbsp oil

Sauce:

1/8 tsp garlic or 1 clove garlic, crushed with knife

Optional: 1 thumb size piece ginger, crushed with knife

1 tbsp Aloha brand Shoyu, low-sodium

1 teaspoon cornstarch

1/2 teaspoon sugar

Serve on the side to compliment meal:

4 cups of cooked rice (brown or hapa)

Serving size: 4

Method:

1. Slice meat into thin 1 ½" strips. Set aside.
2. In a small bowl, Combine sauce ingredients: garlic, ginger (if using), soy sauce, cornstarch, and sugar.
3. Marinate meat in sauce mixture for about 15-20 minutes.
4. Cut cabbage into 1-2 inch lengths. Set aside.
5. Add oil to a large pan or wok on medium-high heat.
6. Once oil is heated, add the marinated pork and cook until browned, stirring every so often.
7. Once meat is browned, add the cabbage and stir-fry for a few minutes. Add 2 - 3 tbsp warm water to pan and cover with a lid to cook cabbage quicker.
8. Serve with a side of rice.

