

South Seas Pork

*Louise Rousseau Brunner
Casserole Treasury (1964)*

Servings: 5

*2 pounds pork loin, cut in one-inch cubes
2 tablespoons flour
3 tablespoons cornstarch
6 tablespoons soy sauce
1/2 cup salad oil
1 green pepper, sliced
2 medium onions, sliced thin
1 carrot, sliced thin
1 can (4 ounce) bamboo shoots
1 can (8-1/2 ounce) pineapple chunks
1/4 cup sugar
2 tablespoons vinegar
1/4 cup tomato sauce
3/4 cup condensed consomme'
salt (to taste)
pepper (to taste)*

Preheat the oven to 350 degrees.

In a good-sized bowl, put the flour, two tablespoons of cornstarch and one tablespoon of soy sauce. Mix well. Add the meat cubes. Stir until the flour mixture is evenly distributed on them.

In a heavy skillet, heat the oil. Brown the pork pieces all over. Arrange in a medium casserole.

Drain off the remaining oil. Measure back two tablespoons into the skillet. Saute' lightly the green pepper, onions, carrot, bamboo shoots and pineapple. Stir in the sugar, the remaining soy sauce, vinegar, tomato sauce, consomme', salt and pepper. Add the mixture to the pork in the casserole. Cover.

Bake for 30 minutes.

In a bowl, mix the remaining cornstarch with a little water. Stir into the casserole. If you desire a thicker sauce, add a bit more cornstarch-water paste. Adjust seasoning as desired.

Bake an additional 15 minutes, uncovered.

Per Serving (excluding unknown items): 469 Calories; 28g Fat (54.0% calories from fat); 26g Protein; 28g Carbohydrate; 3g Dietary Fiber; 57mg Cholesterol; 1364mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 2 Vegetable; 4 1/2 Fat; 1/2 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	469
% Calories from Fat:	54.0%
% Calories from Carbohydrates:	23.9%
% Calories from Protein:	22.2%
Total Fat (g):	28g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	16g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	57mg
Carbohydrate (g):	28g
Dietary Fiber (g):	3g
Protein (g):	26g
Sodium (mg):	1364mg
Potassium (mg):	848mg
Calcium (mg):	47mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	28mg
Vitamin A (i.u.):	4333IU
Vitamin A (r.e.):	434 1/2RE

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	1.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	26mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	n n%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	3
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories	469	Calories from Fat: 253
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% Daily Values*

Total Fat	28g	44%
Saturated Fat	5g	24%
Cholesterol	57mg	19%
Sodium	1364mg	57%
Total Carbohydrates	28g	9%
Dietary Fiber	3g	11%
Protein	26g	
Vitamin A		87%
Vitamin C		46%
Calcium		5%
Iron		11%

* Percent Daily Values are based on a 2000 calorie diet.