



Ants in a Tree

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound angel hair pasta (bean threads)
- 6 servings pepper black freshly ground
- 0.7 cup chicken stock see homemade
- 1 tablespoon asian chile paste
- 2 teaspoons cornstarch
- 1 piece ginger fresh finely grated peeled
- 4 garlic cloves minced
- 1 pound ground pork

- 6 servings kosher salt
- 2 cups napa cabbage shredded
- 6 scallions white green thinly sliced
- 1 tablespoon asian sesame oil toasted ()
- 0.3 cup soya sauce
- 3 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- pot
- aluminum foil
- wok
- spatula
- colander

Directions

- Bring a large pot of salted water to a boil over high heat.
- Add the noodles and bring back to a boil. Boil for 1 minute for cellophane noodles and 2 to 3 minutes for angel hair pasta.
- Drain in a colander and rinse under running water. Set aside.
- Stir the pork with 2 tablespoons of the soy sauce, the sesame oil, the cornstarch, and 1/2 of the scallions in a small bowl.
- Heat the vegetable oil in a wok or large skillet over high heat until almost smoking.
- Add the ginger, garlic, and chile paste. Cook, stirring constantly, until fragrant, about 30 seconds.
- Add the pork mixture and cook for 1 minute longer. Stir in the cabbage and the remaining 2 tablespoons soy sauce. Cook, stirring, until the cabbage is almost wilted, 1 to 2 minutes.
- Add the cooked noodles and cook, cutting them slightly with the side of the spatula, until the pork is no longer pink, about 1 minute.

Pour in the chicken stock and add the remaining scallions. Season with salt and pepper and reduce the heat to medium-low. Cover loosely with foil and simmer until the noodles have absorbed some of the stock, about 3 minutes

Nutrition Facts

PROTEIN 13.76% **FAT 51.95%** **CARBS 34.29%**

Properties

Glycemic Index:26, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:13.680869610413%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 445.01kcal (22.25%), Fat: 25.61g (39.4%), Saturated Fat: 7.43g (46.45%), Carbohydrates: 38.03g (12.68%), Net Carbohydrates: 37.04g (13.47%), Sugar: 1.5g (1.67%), Cholesterol: 55.23mg (18.41%), Sodium: 823.32mg (35.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.26g (30.52%), Vitamin K: 48.81µg (46.49%), Vitamin B1: 0.65mg (43.24%), Selenium: 22.82µg (32.6%), Vitamin B6: 0.44mg (22.07%), Vitamin B3: 4.39mg (21.95%), Phosphorus: 181.03mg (18.1%), Vitamin B2: 0.24mg (14.23%), Zinc: 2.04mg (13.57%), Vitamin C: 10.79mg (13.08%), Iron: 2.11mg (11.7%), Potassium: 386.77mg (11.05%), Manganese: 0.21mg (10.53%), Folate: 35.77µg (8.94%), Vitamin B12: 0.53µg (8.82%), Magnesium: 27.64mg (6.91%), Vitamin B5: 0.63mg (6.3%), Copper: 0.13mg (6.25%), Calcium: 55.83mg (5.58%), Vitamin E: 0.75mg (5.03%), Vitamin A: 212.33IU (4.25%), Fiber: 0.99g (3.97%)