



 **55%**
HEALTH SCORE

Asian Noodle Salad

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup rice vinegar
- 0.3 cup honey
- 2 tablespoons vegetable oil
- 2 tablespoons sesame oil
- 1 tablespoon soya sauce
- 8 ounces salad leaves curly endive chinese
- 0.5 pound snow peas cut in half
- 1 pound pork tenderloin cut into 1/4-inch slices

- 1 teaspoon ginger finely chopped
- 1 medium bell pepper cut into strips
- 1 cup carrots shredded ()
- 0.5 cup spring onion sliced
- 1 tablespoon sesame seed toasted

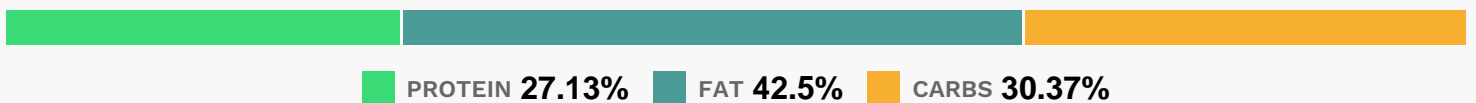
Equipment

- bowl
- frying pan

Directions

- In tightly covered container, shake all dressing ingredients.
- Cook noodles as directed on package, adding pea pods for last 1 to 2 minutes; drain. Rinse with cold water; drain.
- Spray 10-inch skillet with cooking spray. Cook pork and gingerroot in skillet 4 to 6 minutes, stirring occasionally, until pork is no longer pink in center.
- In large bowl, toss noodles, bell pepper, carrots, onions and pork with half of the dressing.
- Sprinkle with sesame seed.
- Serve with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:69.53, Glycemic Load:10.82, Inflammation Score:-10, Nutrition Score:38.140434659046%

Flavonoids

Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 404.49kcal (20.22%), Fat: 19.28g (29.66%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 25.09g (9.12%), Sugar: 23.22g (25.8%), Cholesterol: 73.71mg (24.57%), Sodium: 365.16mg (15.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.69g (55.38%), Vitamin K: 227.93µg (217.07%), Vitamin A: 10262.27IU (205.25%), Vitamin C: 90.08mg (109.18%), Vitamin B1: 1.3mg (86.35%), Vitamin B6: 1.19mg (59.34%), Selenium: 36.12µg (51.6%), Vitamin B3: 9.09mg (45.44%), Phosphorus: 376.54mg (37.65%), Vitamin B2: 0.56mg (32.83%), Manganese: 0.6mg (30.19%), Potassium: 1029.49mg (29.41%), Folate: 117.18µg (29.29%), Fiber: 5.91g (23.65%), Vitamin B5: 2.26mg (22.56%), Copper: 0.44mg (22.06%), Vitamin E: 3.16mg (21.08%), Iron: 3.7mg (20.55%), Magnesium: 80.92mg (20.23%), Zinc: 2.94mg (19.58%), Calcium: 133.19mg (13.32%), Vitamin B12: 0.59µg (9.83%), Vitamin D: 0.34µg (2.27%)