



 **62%**  
HEALTH SCORE

## Asian Style Pork and Noodles

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



581 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

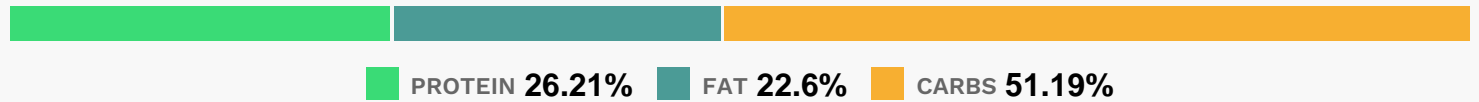
### Ingredients

- 1 head broccoli
- 3 tablespoons apple cider vinegar
- 4 servings coarse salt
- 3 tablespoons cornstarch
- 0.3 cup hoisin sauce
- 2 tablespoons catsup
- 0.8 cup orange juice fresh
- 1 lb pork tenderloin sliced cut into 1/2 inch wide strips

- 8 ounces sugar snap peas
- 2 tablespoons vegetable oil
- 8 ounces extra wide egg noodles

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:42, Glycemic Load:21.43, Inflammation Score:-9, Nutrition Score:43.191304347826%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

## Nutrients (% of daily need)

Calories: 580.94kcal (29.05%), Fat: 14.68g (22.59%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 74.83g (24.94%), Net Carbohydrates: 66.89g (24.32%), Sugar: 16.16g (17.95%), Cholesterol: 121.85mg (40.62%), Sodium: 665.12mg (28.92%), Protein: 38.31g (76.61%), Vitamin C: 193.23mg (234.22%), Vitamin K: 182.36µg (173.68%), Selenium: 83.82µg (119.75%), Vitamin B1: 1.45mg (96.42%), Vitamin B6: 1.39mg (69.39%), Phosphorus: 560.64mg (56.06%), Vitamin B3: 10.49mg (52.46%), Manganese: 1.05mg (52.37%), Vitamin B2: 0.72mg (42.36%), Folate: 154.59µg (38.65%), Potassium: 1320.68mg (37.73%), Vitamin A: 1733.21IU (34.66%), Fiber: 7.95g (31.79%), Magnesium: 119.99mg (30%), Vitamin B5: 2.87mg (28.66%), Zinc: 4.09mg (27.23%), Iron: 4.81mg (26.74%), Copper: 0.44mg (22.07%), Vitamin E: 2.6mg (17.32%), Calcium: 135.24mg (13.52%), Vitamin B12: 0.75µg (12.57%), Vitamin D: 0.51µg (3.4%)