



## BBQ Pork Noodle Bowl

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup bull's-eye barbecue sauce texas style
- 0.5 lb capellini uncooked
- 0.5 cup chicken broth fat-free reduced-sodium
- 2 Tbsp cilantro leaves fresh chopped
- 2 cloves garlic minced
- 1 Tbsp gingerroot minced
- 4 green onions sliced
- 2 Tbsp juice of lime

- 1 tsp nam pla (fish sauce)
- 1 Tbsp oil divided
- 1 lb pork tenderloin cut into thin strips
- 0.3 cup planters roasted peanuts dry chopped
- 1 tsp sesame oil
- 3 Tbsp lite soy sauce
- 2 tsp sugar

## Equipment

- bowl
- frying pan

## Directions

- Mix first 6 ingredients until blended.
- Heat 2 tsp. oil in large skillet on medium-high heat.
- Add half the meat; cook 2 min. or until no longer pink, turning after 1 min.
- Remove from skillet; cover to keep warm. Repeat with remaining meat. Return all meat to skillet. Stir in barbecue sauce; cook and stir 1 min.
- Remove from skillet; cover to keep warm.
- Cook pasta as directed on package, omitting salt. Meanwhile, heat remaining oil in large skillet.
- Add onions, ginger and garlic; cook and stir 30 sec. Stir in broth mixture; bring to boil.
- Drain pasta.
- Add to broth mixture in skillet; stir to coat. Spoon into soup bowls; top with meat, nuts and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:7.87, Glycemic Load:2.53, Inflammation Score:-1, Nutrition Score:3.5421739155832%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 66.71kcal (3.34%), Fat: 1.92g (2.95%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 7.15g (2.6%), Sugar: 1.44g (1.6%), Cholesterol: 9.83mg (3.28%), Sodium: 170.07mg (7.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.41%), Selenium: 9.66µg (13.81%), Vitamin B1: 0.16mg (10.71%), Vitamin B3: 1.43mg (7.16%), Vitamin B6: 0.14mg (7.16%), Phosphorus: 59.94mg (5.99%), Manganese: 0.12mg (5.85%), Vitamin B2: 0.06mg (3.81%), Vitamin K: 3.81µg (3.63%), Magnesium: 12.29mg (3.07%), Zinc: 0.45mg (2.98%), Potassium: 102.76mg (2.94%), Copper: 0.05mg (2.42%), Iron: 0.36mg (2%), Vitamin B5: 0.2mg (1.96%), Fiber: 0.44g (1.75%), Vitamin E: 0.22mg (1.46%), Vitamin B12: 0.09µg (1.45%), Folate: 4.26µg (1.06%)