



Brisket and Rice Noodles with Pineapple Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



571 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound brisket smoked shredded
- ☐ 1 teaspoon chili sauce hot (such as Sriracha)
- ☐ 1 tablespoon fish sauce
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 tablespoons hoisin sauce
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup cilantro leaves assorted

- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.5 cup pasilla peppers sliced
- ☐ 0.5 pineapple fresh cored peeled finely chopped
- ☐ 0.3 cup onion red thinly sliced
- ☐ 8.8 oz vermicelli thin
- ☐ 4 cups the of 1 cos lettuce shredded
- ☐ 1.5 tablespoons seasoned rice vinegar

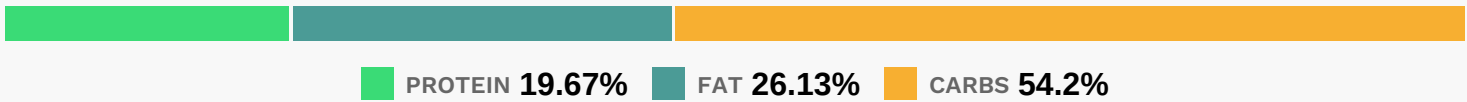
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ Microwave 8 cups water and 1 Tbsp. kosher salt at HIGH in a large microwave-safe glass bowl 2 minutes. Submerge noodles in water; let stand 20 minutes or until tender.
- ☐ Drain.
- ☐ Meanwhile, toss together pineapple and next 4 ingredients; add table salt and black pepper to taste.
- ☐ Whisk together hoisin sauce, next 4 ingredients, and 2 Tbsp. water.
- ☐ Combine drained noodles and 2 Tbsp. hoisin sauce mixture in a medium bowl, tossing to coat.
- ☐ Divide lettuce among 4 bowls. Top with noodles, pineapple mixture, brisket, and peppers.
- ☐ Drizzle with desired amount of remaining hoisin mixture.
- ☐ Sprinkle with herbs, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:66.92, Glycemic Load:37.63, Inflammation Score:-10, Nutrition Score:31.439130741617%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 570.87kcal (28.54%), Fat: 16.46g (25.32%), Saturated Fat: 4.33g (27.06%), Carbohydrates: 76.81g (25.6%), Net Carbohydrates: 72.24g (26.27%), Sugar: 16.47g (18.3%), Cholesterol: 70.67mg (23.56%), Sodium: 2518.87mg (109.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.87g (55.74%), Vitamin C: 75.03mg (90.94%), Vitamin A: 4390.46IU (87.81%), Manganese: 1.55mg (77.37%), Vitamin K: 58.91µg (56.11%), Vitamin B12: 2.78µg (46.29%), Selenium: 29.08µg (41.55%), Zinc: 5.71mg (38.08%), Vitamin B6: 0.74mg (36.91%), Phosphorus: 361.97mg (36.2%), Vitamin B3: 5.72mg (28.61%), Folate: 105.77µg (26.44%), Potassium: 736.96mg (21.06%), Iron: 3.72mg (20.67%), Vitamin B1: 0.28mg (18.55%), Vitamin B2: 0.31mg (18.47%), Fiber: 4.57g (18.28%), Magnesium: 69.1mg (17.27%), Copper: 0.33mg (16.59%), Vitamin E: 1.75mg (11.64%), Vitamin B5: 0.81mg (8.06%), Calcium: 62.03mg (6.2%)