

## Broccoli Pork Stir-Fry

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup broccoli florets fresh
- 4 teaspoons canola oil
- 2 teaspoons cornstarch
- 6 large mushrooms fresh sliced
- 6 large mushrooms fresh sliced
- 0.5 teaspoon garlic powder
- 3 spring onion sliced (white serving only)
- 1.5 teaspoons soy sauce reduced-sodium

- 0.5 pound pork tenderloin thinly sliced
- 3 ounces japanese ramen noodles
- 0.3 teaspoon pepper red crushed
- 0.5 cup bell pepper sweet red julienned
- 0.7 cup water cold
- 1 cup water
- 1 teaspoon vinegar white

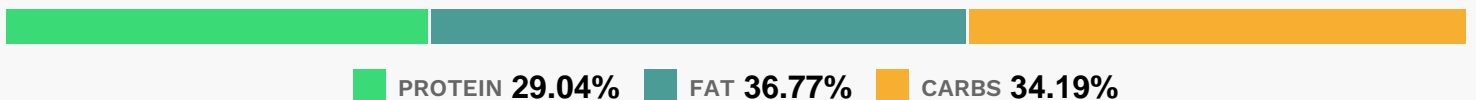
## Equipment

- bowl
- frying pan
- wok
- microwave

## Directions

- Set aside 1 teaspoon of seasoning from seasoning packet (discard remaining seasoning or save for another use). Break noodles into small pieces and place in a microwave-safe dish; add warm water. Microwave, uncovered, on high for 2 minutes.
- Drain and set aside.
- In a small bowl, combine the cornstarch, garlic powder, pepper flakes and reserved seasoning. Stir in the cold water, soy sauce and vinegar until smooth; set aside.
- In a large skillet or wok, heat oil; stir-fry pork and mushrooms for 5 minutes.
- Add broccoli and red pepper. Stir-fry for 4-5 minutes or until vegetables are crisp-tender and pork is no longer pink. Stir cornstarch mixture and stir into skillet.
- Add noodles and onions. Bring to a boil; cook and stir for 2 minutes or until thickened.

## Nutrition Facts



## Properties

Glycemic Index:131, Glycemic Load:14.57, Inflammation Score:-9, Nutrition Score:41.493043236111%

## Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 3.82mg, Kaempferol: 3.82mg, Kaempferol: 3.82mg, Kaempferol: 3.82mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

## Nutrients (% of daily need)

Calories: 466.87kcal (23.34%), Fat: 19.49g (29.98%), Saturated Fat: 5.3g (33.11%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 35.77g (13.01%), Sugar: 6.21g (6.9%), Cholesterol: 73.71mg (24.57%), Sodium: 1100.68mg (47.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.62g (69.24%), Vitamin B1: 1.73mg (115.38%), Vitamin C: 94.69mg (114.77%), Vitamin K: 93.89µg (89.42%), Selenium: 53.05µg (75.78%), Vitamin B3: 15.04mg (75.21%), Vitamin B2: 1.16mg (68.16%), Vitamin B6: 1.27mg (63.53%), Phosphorus: 501.66mg (50.17%), Potassium: 1259.8mg (35.99%), Vitamin B5: 3.54mg (35.44%), Copper: 0.7mg (34.92%), Vitamin A: 1710.72IU (34.21%), Folate: 130.9µg (32.73%), Manganese: 0.49mg (24.53%), Iron: 4.4mg (24.45%), Zinc: 3.63mg (24.22%), Vitamin E: 3.46mg (23.09%), Fiber: 4.99g (19.96%), Magnesium: 76.04mg (19.01%), Vitamin B12: 0.75µg (12.52%), Calcium: 68.88mg (6.89%), Vitamin D: 0.62µg (4.11%)