



## Cashew Pork Chow Mein

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup carrots thinly sliced
- 0.5 cup cashew pieces salted
- 1.5 cups celery sliced
- 0.8 cup chicken broth
- 1 lb chow mein noodles
- 2 teaspoons cornstarch
- 0.8 cup sauce
- 5 oz soup noodles chinese uncooked

- 0.5 cup onion chopped
- 0.5 cup bell pepper green red chopped
- 2 teaspoons sugar
- 2 tablespoons water

## Equipment

- bowl
- frying pan

## Directions

- Spray large nonstick skillet with nonstick cooking spray.
- Add chow mein meat; cook over medium-high heat for 5 to 7 minutes or until browned, stirring frequently.
- Add celery, carrots, onion and bell pepper; cook 2 minutes, stirring occasionally.
- Add broth, stir-fry sauce and sugar; stir to mix. Cook over medium heat for 8 to 10 minutes or until vegetables are crisp-tender, stirring occasionally. In small bowl, blend water and cornstarch until smooth.
- Add to skillet; cook and stir until thickened.
- Meanwhile, cook noodles to desired doneness as directed on package.
- Serve pork mixture over noodles.
- Sprinkle with cashews.

## Nutrition Facts



**PROTEIN 14.05%** **FAT 12.42%** **CARBS 73.53%**

## Properties

Glycemic Index:63.28, Glycemic Load:14.78, Inflammation Score:-10, Nutrition Score:19.049130498067%

## Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol:

0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

## **Nutrients (% of daily need)**

Calories: 724.05kcal (36.2%), Fat: 9.97g (15.34%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 132.87g (44.29%), Net Carbohydrates: 122.96g (44.71%), Sugar: 19.68g (21.87%), Cholesterol: 0.88mg (0.29%), Sodium: 1462.82mg (63.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.39g (50.77%), Vitamin A: 5586.17IU (111.72%), Fiber: 9.91g (39.65%), Manganese: 0.75mg (37.3%), Selenium: 26.1µg (37.29%), Iron: 5.49mg (30.51%), Copper: 0.51mg (25.63%), Vitamin C: 19.6mg (23.75%), Vitamin K: 22.31µg (21.25%), Magnesium: 78.28mg (19.57%), Phosphorus: 194.3mg (19.43%), Potassium: 456.12mg (13.03%), Vitamin B6: 0.26mg (12.77%), Zinc: 1.65mg (10.99%), Vitamin B1: 0.16mg (10.55%), Folate: 35.79µg (8.95%), Vitamin B3: 1.42mg (7.09%), Vitamin B2: 0.11mg (6.34%), Vitamin B5: 0.52mg (5.2%), Calcium: 47.61mg (4.76%), Vitamin E: 0.59mg (3.92%)