



Chinese Pork and Pasta

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 lb pork tenderloin
- ☐ 8 pineapple chunks drained canned
- ☐ 1 tablespoon soya sauce
- ☐ 1 teaspoon brown sugar packed
- ☐ 2 cloves garlic finely chopped
- ☐ 1 tablespoon cornstarch
- ☐ 4 oz vermicelli uncooked
- ☐ 2 teaspoons sesame oil dark

- ☐ 0.3 cup chicken broth (from 32-oz carton)
- ☐ 0.5 medium onion sliced
- ☐ 1 cup bell pepper red chopped
- ☐ 4 large stalks bok choy chopped
- ☐ 1 cup snow peas fresh

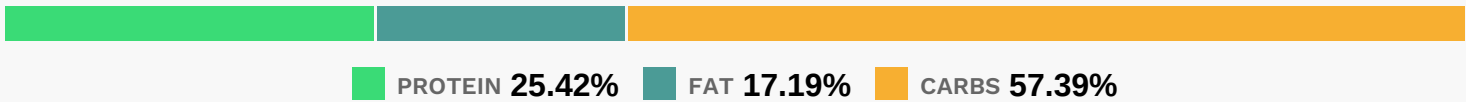
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Cut pork into 1/4-inch slices. In medium glass bowl, mix reserved pineapple juice, soy sauce, honey, garlic and cornstarch. Stir in pork. Cover and refrigerate 1 hour.
- ☐ Cook and drain vermicelli as directed on package. Spray wok or 10-inch nonstick skillet with cooking spray; heat over medium-high heat.
- ☐ Add oil; rotate wok to coat side.
- ☐ Add pork; cook and stir 2 minutes.
- ☐ Remove pork.
- ☐ Add broth, onion, bell pepper and bok choy to wok; cook and stir 6 minutes.
- ☐ Add pea pods, pineapple and vermicelli. Cook 2 minutes, stirring constantly.
- ☐ Add pork. Cook about 1 minute, stirring constantly, until sauce is thickened and pork is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:14.35, Inflammation Score:-8, Nutrition Score:16.696087106414%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 232.95kcal (11.65%), Fat: 4.38g (6.74%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 32.93g (10.98%), Net Carbohydrates: 30.7g (11.16%), Sugar: 4.55g (5.05%), Cholesterol: 37.15mg (12.38%), Sodium: 391.35mg (17.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.58g (29.17%), Vitamin C: 64.5mg (78.19%), Vitamin B1: 0.64mg (42.66%), Vitamin B6: 0.63mg (31.68%), Selenium: 22.13µg (31.61%), Vitamin A: 1480.13IU (29.6%), Vitamin B3: 4.57mg (22.85%), Phosphorus: 217.35mg (21.74%), Manganese: 0.33mg (16.3%), Vitamin B2: 0.27mg (15.83%), Potassium: 403.59mg (11.53%), Zinc: 1.51mg (10.03%), Iron: 1.62mg (9%), Fiber: 2.23g (8.91%), Vitamin B5: 0.84mg (8.37%), Magnesium: 33.4mg (8.35%), Vitamin K: 8.77µg (8.35%), Folate: 32.51µg (8.13%), Copper: 0.12mg (6.01%), Vitamin E: 0.85mg (5.65%), Vitamin B12: 0.3µg (4.96%), Calcium: 31.25mg (3.13%), Vitamin D: 0.17µg (1.13%)