



WHATSheATE



Chinese Pork Tenderloin with Garlic-Sauced Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby carrots
- ☐ 16 ounces noodles hot chinese-style cooked uncooked
- ☐ 1 teaspoon sesame oil dark
- ☐ 0.3 cup roasted peanuts unsalted chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 teaspoon ginger fresh grated peeled

- ☐ 2 garlic clove minced
- ☐ 0.8 cup spring onion diagonally sliced
- ☐ 1 tablespoon hoisin sauce
- ☐ 2 pound pork tenderloins trimmed
- ☐ 9 lime wedges
- ☐ 0.3 cup soy sauce divided
- ☐ 3 tablespoons seasoned rice vinegar
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon tomato sauce

Equipment

- ☐ bowl
- ☐ sieve
- ☐ slow cooker

Directions

- ☐ Place tenderloins in a 5-quart electric slow cooker.
- ☐ Combine 1 tablespoon soy sauce and next 5 ingredients (through garlic); drizzle over tenderloins. Cover and cook on LOW for 3 1/2 hours.
- ☐ Remove pork from slow cooker, and place in a large bowl, reserving cooking liquid in slow cooker.
- ☐ Let pork stand 10 minutes.
- ☐ Strain cooking liquid through a sieve into a bowl. Cover and keep warm. Shred pork with 2 forks.
- ☐ Return cooking liquid to slow cooker; stir in remaining 3 tablespoons soy sauce, vinegar, and sesame oil. Cover and cook on HIGH 10 minutes. Turn slow cooker off.
- ☐ Add pork, noodles, and next 3 ingredients (through cilantro leaves), tossing to coat. Spoon noodle mixture into bowls; sprinkle with peanuts and chopped cilantro.
- ☐ Serve with lime wedges.

Nutrition Facts



 **PROTEIN 42.94%**  **FAT 21.41%**  **CARBS 35.65%**

Properties

Glycemic Index:42.95, Glycemic Load:8.08, Inflammation Score:-9, Nutrition Score:20.986086860947%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 250.21kcal (12.51%), Fat: 5.92g (9.11%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 22.18g (7.39%), Net Carbohydrates: 19.49g (7.09%), Sugar: 2.5g (2.78%), Cholesterol: 65.57mg (21.86%), Sodium: 382.56mg (16.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.71g (53.43%), Vitamin B1: 1.05mg (70.19%), Selenium: 45.22µg (64.6%), Vitamin B6: 0.87mg (43.69%), Vitamin A: 2130.69IU (42.61%), Vitamin B3: 8.04mg (40.21%), Phosphorus: 324.13mg (32.41%), Vitamin B2: 0.4mg (23.49%), Vitamin K: 22.04µg (20.99%), Manganese: 0.4mg (19.82%), Potassium: 582.5mg (16.64%), Zinc: 2.43mg (16.18%), Magnesium: 55.69mg (13.92%), Iron: 2.28mg (12.65%), Vitamin B5: 1.13mg (11.26%), Copper: 0.22mg (11.13%), Fiber: 2.69g (10.77%), Vitamin C: 7.8mg (9.45%), Vitamin B12: 0.51µg (8.57%), Folate: 25.32µg (6.33%), Calcium: 35.66mg (3.57%), Vitamin E: 0.43mg (2.86%), Vitamin D: 0.2µg (1.34%)