



Chinese Wide Noodles with Barbecue Pork and Dried Mushrooms

 Dairy Free

READY IN



551 min.

SERVINGS



6

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon five-spice powder
- ☐ 2 tablespoons canola oil
- ☐ 1 tablespoon cooking sherry dry
- ☐ 2 cups bean sprouts fresh
- ☐ 1 garlic clove minced
- ☐ 1.5 tablespoons ginger minced peeled
- ☐ 3 green onions cut into 2-inch pieces

- ☐ 1 tablespoon hoisin sauce
- ☐ 2 tablespoons hoisin sauce
- ☐ 0.3 cup honey
- ☐ 1 jalapeno minced seeded
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.3 cup lower-sodium soy sauce
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 8 mushrooms dried chinese (such as wood ear mushrooms)
- ☐ 0.5 medium onion vertically sliced
- ☐ 1 tablespoon oyster sauce
- ☐ 2 cups water boiling
- ☐ 0.1 teaspoon pepper white
- ☐ 12 ounces flat wide wheat noodles dried (such as wide lo mein noodles)

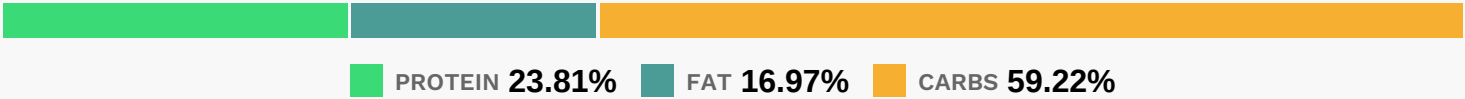
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ broiler
- ☐ ziploc bags
- ☐ wok
- ☐ colander
- ☐ meat tenderizer

Directions

- ☐ To prepare pork, slice pork lengthwise, cutting to, but not through, other side. Open halves, laying pork flat.
- ☐ Place plastic wrap over pork; pound to an even thickness using a meat mallet or small heavy skillet.
- ☐ Combine honey and next 6 ingredients (through white pepper) in a zip-top plastic bag; add pork. Seal and marinate in refrigerator 8 hours or overnight, turning occasionally.
- ☐ Preheat broiler to high.
- ☐ Remove pork from bag, and discard marinade.
- ☐ Place pork on the rack of a roasting pan coated with cooking spray.
- ☐ Place rack in pan.
- ☐ Pour 2 cups water in bottom of pan. Broil pork 4 minutes on each side or until a thermometer registers 14
- ☐ Let stand 30 minutes.
- ☐ Cut pork into thin julienne pieces.
- ☐ To prepare noodles, combine 2 cups boiling water and mushrooms; cover and let stand 30 minutes.
- ☐ Drain in a colander over a bowl; reserve soaking liquid.
- ☐ Cut off and discard any tough, woody stems; thinly slice mushrooms.
- ☐ Cook noodles according to package directions.
- ☐ Drain and rinse with cold water.
- ☐ Drain well; set aside.
- ☐ Combine 2 tablespoons soy sauce, oyster sauce, and 1 tablespoon hoisin sauce; set aside.
- ☐ Heat a large wok over high heat.
- ☐ Add oil to pan; swirl.
- ☐ Add ginger, garlic, and jalapeo; stir-fry 30 seconds.
- ☐ Add sliced onion and pork; stir-fry 30 seconds.
- ☐ Add bean sprouts and green onions; stir-fry 1 minute.
- ☐ Add reserved mushroom liquid, noodles, and soy sauce mixture. Stir in mushrooms. Stir-fry until noodles are thoroughly heated.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.05, Glycemic Load:6.67, Inflammation Score:-4, Nutrition Score:16.903043342673%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 415.16kcal (20.76%), Fat: 7.89g (12.15%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 61.99g (20.66%), Net Carbohydrates: 59.24g (21.54%), Sugar: 16.5g (18.34%), Cholesterol: 49.38mg (16.46%), Sodium: 1056.45mg (45.93%), Alcohol: 0.26g (100%), Alcohol %: 0.1% (100%), Protein: 24.93g (49.85%), Vitamin B1: 0.82mg (54.89%), Selenium: 26.64µg (38.05%), Vitamin B6: 0.72mg (35.85%), Vitamin B3: 6.71mg (33.57%), Vitamin B2: 0.48mg (28.53%), Phosphorus: 267.97mg (26.8%), Vitamin K: 27.72µg (26.4%), Potassium: 564.37mg (16.12%), Copper: 0.27mg (13.42%), Zinc: 1.98mg (13.19%), Vitamin B5: 1.27mg (12.71%), Vitamin C: 10.14mg (12.29%), Magnesium: 48.41mg (12.1%), Manganese: 0.24mg (11.92%), Fiber: 2.76g (11.02%), Folate: 41.76µg (10.44%), Iron: 1.82mg (10.11%), Vitamin E: 1.23mg (8.21%), Vitamin B12: 0.41µg (6.81%), Calcium: 31.02mg (3.1%), Vitamin A: 94IU (1.88%), Vitamin D: 0.2µg (1.36%)