



WHATSheATE



Cold Sesame Noodles with Roasted Pork



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bean sprouts
- ☐ 2 medium carrots cut into matchsticks
- ☐ 1 tablespoon ginger fresh grated
- ☐ 1 tablespoon honey
- ☐ 0.5 cup soy sauce low-sodium
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 1.3 lb pork tenderloin
- ☐ 6 oz japanese ramen noodles (discard flavor packet)

- ☐ 0.3 cup rice vinegar
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 1 tablespoon sesame oil
- ☐ 0.3 cup creamy peanut butter
- ☐ 0.3 cup vegetable oil

Equipment

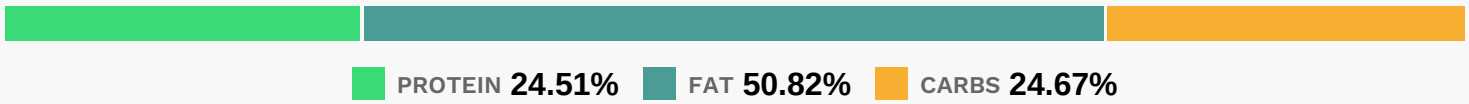
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Mix soy sauce, oil, vinegar and honey in a large ziplock bag.
- ☐ Add pork. Seal bag. Refrigerate, turning bag occasionally, for 4 hours or up to overnight.
- ☐ Preheat oven to 375F.
- ☐ Remove pork from marinade. Pat dry.
- ☐ Place on a rack in a roasting pan.
- ☐ Pour marinade into a pan; bring to a boil. Reduce heat. Simmer 5 minutes.
- ☐ Remove from heat.
- ☐ Pour 1 cup water into bottom of roasting pan. Roast for 15 minutes. Baste pork with marinade. Roast until a meat thermometer inserted in thickest part reads 145F, 10 to 15 minutes longer.
- ☐ Let pork rest for 10 minutes.
- ☐ Make noodles: Bring a pot of water to a boil. Cook noodles until tender, about 3 minutes or as package label directs.

- ☐
- Drain; rinse noodles in cold water, then drain again. In a bowl, whisk peanut butter, vinegar, soy sauce, ginger, honey and sesame oil until smooth. In another bowl, toss noodles, carrots, scallions and bean sprouts with 1/2 cup of dressing (add more to taste, if desired). Divide among four lunch containers; top with sliced pork.
- ☐
- Serve or cover and chill until ready to pack lunch.

Nutrition Facts



Properties

Glycemic Index:20.47, Glycemic Load:4.3, Inflammation Score:-7, Nutrition Score:10.441304186116%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 187.36kcal (9.37%), Fat: 10.67g (16.42%), Saturated Fat: 2.58g (16.12%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 10.63g (3.86%), Sugar: 2.72g (3.02%), Cholesterol: 24.57mg (8.19%), Sodium: 664.56mg (28.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.17%), Vitamin B1: 0.51mg (34.17%), Vitamin A: 1384.48IU (27.69%), Vitamin B3: 3.99mg (19.97%), Selenium: 12.98µg (18.55%), Vitamin B6: 0.36mg (18.06%), Phosphorus: 150.32mg (15.03%), Vitamin K: 15.43µg (14.7%), Vitamin B2: 0.21mg (12.29%), Manganese: 0.23mg (11.27%), Magnesium: 33.01mg (8.25%), Potassium: 283.9mg (8.11%), Vitamin E: 1.2mg (8.03%), Folate: 29.7µg (7.42%), Zinc: 1.09mg (7.3%), Iron: 1.2mg (6.64%), Copper: 0.1mg (5.07%), Vitamin B5: 0.49mg (4.95%), Fiber: 1.03g (4.13%), Vitamin B12: 0.22µg (3.75%), Vitamin C: 1.88mg (2.28%), Calcium: 17.28mg (1.73%)