



 **31%**  
HEALTH SCORE

## Curly Noodle Pork Supper

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



375 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup broccoli florets fresh
- 1 tablespoon canola oil
- 1 tablespoon parsley fresh minced
- 4 spring onion cut into 1-inch pieces
- 1 pound pork tenderloin cut into 1/4-inch strips
- 6 ounces japanese ramen noodles
- 1 medium bell pepper sweet red cut into 1-inch pieces
- 1 tablespoon soya sauce

1.5 cups water

## Equipment

frying pan

## Directions

In a large skillet, cook the pork, red pepper, broccoli and onions in oil until meat is no longer pink.

Add the water, noodles with contents of seasoning packets, parsley and soy sauce. Bring to a boil. Reduce heat; cook for 3–4 minutes or until noodles are tender.

## Nutrition Facts



## Properties

Glycemic Index:47.5, Glycemic Load:13.11, Inflammation Score:-8, Nutrition Score:29.296956414762%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

## Nutrients (% of daily need)

Calories: 374.79kcal (18.74%), Fat: 14.36g (22.09%), Saturated Fat: 4.86g (30.36%), Carbohydrates: 31.47g (10.49%), Net Carbohydrates: 28.89g (10.51%), Sugar: 2.67g (2.96%), Cholesterol: 73.71mg (24.57%), Sodium: 1191.74mg (51.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.53g (59.06%), Vitamin B1: 1.59mg (106.23%), Vitamin C: 62.09mg (75.26%), Vitamin K: 70.82µg (67.45%), Selenium: 39.32µg (56.17%), Vitamin B6: 1.05mg (52.4%), Vitamin B3: 9.92mg (49.62%), Phosphorus: 359.78mg (35.98%), Vitamin B2: 0.56mg (33.04%), Vitamin A: 1284.46IU (25.69%), Folate: 86.08µg (21.52%), Potassium: 704.64mg (20.13%), Iron: 3.45mg (19.14%), Zinc: 2.74mg (18.24%), Manganese: 0.35mg (17.71%), Vitamin E: 2.23mg (14.83%), Magnesium: 54.33mg (13.58%), Vitamin B5: 1.32mg (13.21%), Vitamin B12: 0.7µg (11.6%), Copper: 0.22mg (11.14%), Fiber: 2.58g (10.3%), Calcium: 45.49mg (4.55%), Vitamin D: 0.34µg (2.27%)