



Curried Pork over Rice Noodles with Lime and Coconut

 Dairy Free

READY IN



47 min.

SERVINGS



4

CALORIES



400 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arugula loosely packed
- ☐ 2.5 cups chicken broth
- ☐ 6 ounces rice noodles cooked
- ☐ 2 tablespoons curry powder red
- ☐ 1 tablespoon fish sauce
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 2 tablespoons cilantro leaves fresh chopped

- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 pound pork tenderloin trimmed
- ☐ 2 teaspoons lemongrass paste thinly sliced (or 2 stalks, outer stalks removed and)
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup orange juice
- ☐ 1 chile pepper green red thinly sliced (serrano)
- ☐ 0.5 teaspoon salt
- ☐ 4 servings snow peas steamed
- ☐ 1 teaspoon sugar
- ☐ 1 cup coconut milk unsweetened

Equipment

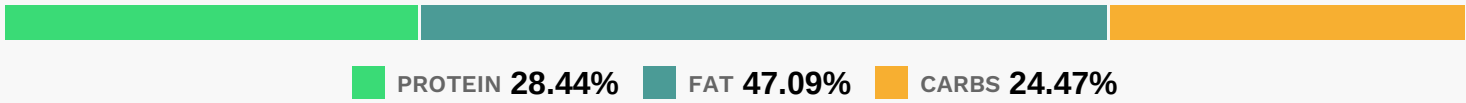
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Place pork in a low, shallow dish or heavy-duty, zip-top plastic bag.
- ☐ Add 2 tablespoons orange juice, olive oil, red curry powder, and 2 tablespoons chopped cilantro. Turn to coat evenly. Marinate about 30 minutes.
- ☐ Place remaining 2 tablespoons orange juice, broth, and next 7 ingredients in a large saucepan, and simmer about 10 minutes.
- ☐ Heat a large skillet over medium-high heat; remove pork from marinade, sprinkle evenly with salt, and sear pork about 2 minutes on all 4 sides. Reduce heat, and continue to cook 7 to 8 more minutes or until meat thermometer inserted into thickest portion registers 15
- ☐ Remove from skillet, cover loosely with foil, and let rest about 5 minutes.

Slice pork diagonally into thin strips; add to broth, and simmer about 2 minutes or until warm. Toss arugula and 1/2 cup cilantro with noodles. Divide noodles into 4 individual bowls. Spoon pork mixture over noodles, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:72.15, Glycemic Load:6.8, Inflammation Score:-8, Nutrition Score:29.095652030862%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 2.36mg, Hesperetin: 2.36mg, Hesperetin: 2.36mg, Hesperetin: 2.36mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 399.78kcal (19.99%), Fat: 21.28g (32.74%), Saturated Fat: 14.07g (87.92%), Carbohydrates: 24.88g (8.29%), Net Carbohydrates: 20.19g (7.34%), Sugar: 7.87g (8.74%), Cholesterol: 76.65mg (25.55%), Sodium: 1311.32mg (57.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.92g (57.83%), Vitamin B1: 1.29mg (85.96%), Selenium: 42.51µg (60.72%), Vitamin C: 44.43mg (53.85%), Vitamin B6: 1.06mg (52.81%), Manganese: 1.02mg (50.85%), Vitamin B3: 9.03mg (45.17%), Phosphorus: 402.01mg (40.2%), Vitamin K: 35.18µg (33.51%), Vitamin B2: 0.55mg (32.09%), Potassium: 892.58mg (25.5%), Iron: 4.49mg (24.97%), Magnesium: 91.3mg (22.83%), Zinc: 3.11mg (20.7%), Vitamin A: 985.29IU (19.71%), Copper: 0.39mg (19.59%), Fiber: 4.7g (18.79%), Vitamin B5: 1.56mg (15.56%), Folate: 55.21µg (13.8%), Vitamin E: 1.87mg (12.49%), Vitamin B12: 0.63µg (10.49%), Calcium: 80.99mg (8.1%), Vitamin D: 0.23µg (1.51%)