



Dale Talde's Slippery Lemongrass Pork Noodles

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



611 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon baking soda
- 2 pepper flakes sliced into 2
- 2 tablespoons cilantro leaves chopped
- 1 egg whites
- 1 tablespoon fish sauce
- 2 tablespoons fish sauce
- 1 clove garlic minced

- 3 cloves garlic chopped
- 2 tablespoons ginger minced
- 3 stalks lemon grass very finely chopped
- 0.5 cup juice of lime fresh
- 3 tablespoons oyster sauce
- 2 pounds boston butt pork shoulder
- 1 tablespoon potato flour
- 0.3 teaspoon pepper red
- 1 pound vermicelli
- 1 tablespoon salt
- 0.3 cup spring onion sliced
- 0.3 cup sesame oil
- 2 tablespoons shallots
- 0.5 cup simple syrup glaze
- 0.3 teaspoon sugar
- 0.3 teaspoon pepper white

Equipment

- bowl
- wok

Directions

- Combine pork shoulder, shallots, ginger, scallions, cilantro, egg whites, oyster sauce, white pepper, red chili flakes, sugar, baking soda, potato starch, sesame oil, salt, fish sauce, garlic and lemongrass and mix well. Cook pork mixture in a hot wok until cooked through. To assemble, put blanched noodles on the bottom of a shallow bowl. Cover noodles with cooked lemongrass pork and adjust with more nuoc mam as needed.
- Garnish with crushed peanuts, Thai basil and cilantro sprigs. More Asian noodle recipes on [Food Republic: Spicy Vegan](#)

Nutrition Facts



PROTEIN 14.89% FAT 24.06% CARBS 61.05%

Properties

Glycemic Index:57.02, Glycemic Load:36.85, Inflammation Score:-5, Nutrition Score:20.251304242922%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 610.82kcal (30.54%), Fat: 16.3g (25.08%), Saturated Fat: 3.72g (23.23%), Carbohydrates: 93.05g (31.02%), Net Carbohydrates: 91.07g (33.12%), Sugar: 22.7g (25.22%), Cholesterol: 61.79mg (20.6%), Sodium: 2444.49mg (106.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.7g (45.4%), Vitamin B1: 0.91mg (60.69%), Selenium: 41.59µg (59.41%), Manganese: 0.91mg (45.26%), Vitamin C: 30.49mg (36.95%), Phosphorus: 334.52mg (33.45%), Vitamin B6: 0.58mg (28.79%), Zinc: 3.83mg (25.57%), Vitamin B3: 4.9mg (24.5%), Vitamin B2: 0.39mg (23.08%), Iron: 3.75mg (20.82%), Potassium: 576.24mg (16.46%), Magnesium: 61.64mg (15.41%), Vitamin B12: 0.86µg (14.32%), Copper: 0.24mg (12.04%), Vitamin K: 12.65µg (12.04%), Vitamin B5: 0.91mg (9.14%), Fiber: 1.98g (7.92%), Folate: 28.68µg (7.17%), Calcium: 57.47mg (5.75%), Vitamin A: 235.51IU (4.71%), Vitamin E: 0.35mg (2.3%)