



Dan Dan Mian (Noodles in Spicy Chinese Peanut Pork Sauce)

 Dairy Free  Popular

READY IN



25 min.

SERVINGS



4

CALORIES



619 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 chicken stock see
- ☐ 1 tablespoon chili sauce
- ☐ 0.8 pound noodles cooked
- ☐ 2 tablespoons garlic chopped
- ☐ 2 tablespoons ginger grated
- ☐ 2 green onions sliced
- ☐ 1 pound ground pork

- ☐ 1 tablespoon oil
- ☐ 1 teaspoon sichuan peppercorns toasted
- ☐ 2 tablespoon chinkiang rice vinegar black
- ☐ 1 tablespoon shaoxing rice wine dry
- ☐ 4 tablespoons tianjin preserved vegetables
- ☐ 1 tablespoon sesame oil
- ☐ 3 tablespoons sesame paste (or tahini or peanut butter)
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon sugar

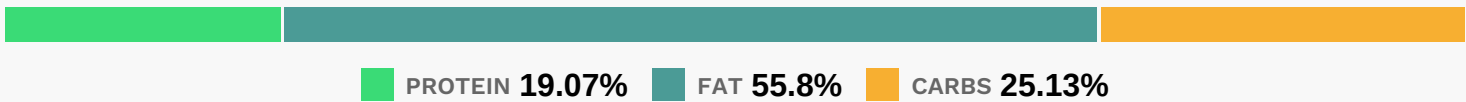
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the pork in a large pan over medium heat hitting it with a splash of rice wine, about 10 minutes and set aside.
- ☐ Heat the oil in the pan over medium heat, add the garlic and ginger and saute until fragrant, about a minute.
- ☐ Add the sesame paste, soy sauce, black rice vinegar, sesame oil, sugar, chili oil and Sichuan peppercorns and mix until smooth, about a minute.
- ☐ Add the pork, preserved vegetables and broth and simmer for 3 minutes.Divide the noodles between 4 bowls, top with the sauce, garnish with green onions and a side of cucumber and enjoy!

Nutrition Facts



Properties

Glycemic Index:87.9, Glycemic Load:15.78, Inflammation Score:-7, Nutrition Score:21.360434594362%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 618.61kcal (30.93%), Fat: 38.16g (58.7%), Saturated Fat: 11.09g (69.29%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 35.19g (12.8%), Sugar: 5.71g (6.34%), Cholesterol: 81.65mg (27.22%), Sodium: 930.19mg (40.44%), Alcohol: 0.6g (100%), Alcohol %: 0.27% (100%), Protein: 29.34g (58.68%), Selenium: 51.84µg (74.06%), Vitamin B1: 0.91mg (60.43%), Manganese: 0.79mg (39.7%), Vitamin B3: 7.73mg (38.66%), Phosphorus: 328.5mg (32.85%), Vitamin B6: 0.64mg (31.93%), Zinc: 3.46mg (23.07%), Vitamin B2: 0.36mg (20.89%), Magnesium: 72.43mg (18.11%), Iron: 3.08mg (17.1%), Vitamin A: 850.51IU (17.01%), Vitamin K: 17.49µg (16.66%), Potassium: 567.32mg (16.21%), Fiber: 3.48g (13.94%), Vitamin B12: 0.79µg (13.23%), Copper: 0.26mg (13.19%), Vitamin E: 1.93mg (12.9%), Vitamin B5: 1.11mg (11.06%), Folate: 33.53µg (8.38%), Vitamin C: 5.48mg (6.65%), Calcium: 52.55mg (5.26%)