



## Dan Dan Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 tablespoons canola oil
- 1.3 cups cucumber peeled seeded chopped
- 0.3 cup dry-roasted peanuts
- 0.3 cup cilantro leaves fresh chopped
- 0.5 inch ginger fresh peeled
- 2 garlic cloves
- 0.8 cup thinly green onions diagonally sliced
- 8 ounces ground pork lean

- 3 tablespoons juice of lime fresh
- 3 tablespoons soya sauce low-sodium
- 0.1 teaspoon salt
- 1 teaspoon sugar
- 1 pound wide egg noodles fresh frozen chinese thawed
- 1 tablespoon sambal oelek fresh (ground chile paste)

## Equipment

- bowl
- frying pan
- colander

## Directions

- Cook noodles in 6 quarts boiling water for 3 minutes.
- Drain in a colander over a bowl, reserving 3/4 cup cooking liquid.
- Place noodles in a large bowl.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add peanuts to pan; saut 2 minutes or until fragrant.
- Remove from heat; cool slightly.
- Combine peanut mixture, soy sauce, and next 4 ingredients (through ginger) in a mini chopper; process until finely ground.
- Cook pork and salt in skillet over medium-high heat 8 minutes or until done, stirring to crumble.
- Add peanut mixture and 3/4 cup cooking liquid to pork; bring to a boil. Cook 1 minute, stirring frequently.
- Add pork mixture, juice, and onions to noodles; toss well.
- Place about 1 3/4 cup noodle mixture in each of 4 bowls; top each serving with 5 tablespoons cucumber and 1 tablespoon cilantro.

## Nutrition Facts



■ PROTEIN 16.16% ■ FAT 48.42% ■ CARBS 35.42%

## Properties

Glycemic Index:48.52, Glycemic Load:1.24, Inflammation Score:-5, Nutrition Score:14.629130632981%

## Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

## Nutrients (% of daily need)

Calories: 506.04kcal (25.3%), Fat: 27.43g (42.2%), Saturated Fat: 7.05g (44.08%), Carbohydrates: 45.14g (15.05%), Net Carbohydrates: 40.78g (14.83%), Sugar: 3.79g (4.21%), Cholesterol: 40.82mg (13.61%), Sodium: 787.58mg (34.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.6g (41.21%), Vitamin K: 50.04µg (47.66%), Vitamin B1: 0.49mg (32.79%), Vitamin B3: 4.64mg (23.18%), Selenium: 15.36µg (21.95%), Manganese: 0.44mg (21.85%), Iron: 3.67mg (20.37%), Phosphorus: 188.62mg (18.86%), Fiber: 4.36g (17.42%), Vitamin B6: 0.33mg (16.62%), Potassium: 450.51mg (12.87%), Magnesium: 50.62mg (12.66%), Vitamin C: 10.05mg (12.18%), Vitamin B2: 0.21mg (12.12%), Zinc: 1.77mg (11.8%), Folate: 43.55µg (10.89%), Vitamin E: 1.45mg (9.69%), Copper: 0.17mg (8.7%), Vitamin B5: 0.73mg (7.31%), Vitamin B12: 0.4µg (6.61%), Vitamin A: 302.03IU (6.04%), Calcium: 48.98mg (4.9%)