



Dinner Tonight: Minced Pork with Soba Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 0.5 pound ground pork
- ☐ 3 tablespoons rice wine
- ☐ 2 stalks spring onion ends trimmed chopped
- ☐ 3 medium shallots diced
- ☐ 10 mushroom caps finely chopped
- ☐ 2 packages soba noodles

☐ 4 tablespoons soya sauce

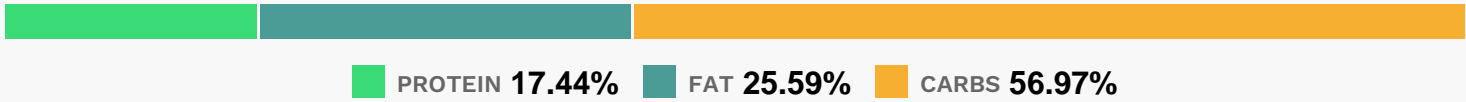
Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Pour the oil into a large wok or skillet set over high heat. When hot, add the pork. Stir well, and cook until there is no more pink, about 3 to 5 minutes.
- ☐ Remove the pork with a slotted spoon and set aside.
- ☐ Add the mushrooms and shallots. Stir well, and cook them until soft, about 3 to 5 minutes. Turn down heat if they look like they will burn.
- ☐ Add the pork back to the wok.
- ☐ Pour in the sake, and dislodge any browned bits on the bottom with a wooden spoon. When the sake has evaporated add the soy sauce. Cook for 1 minute, then turn off the heat.
- ☐ Meanwhile, cook the soba noodles according to the directions on the pack.
- ☐ Drain, but do not rinse.
- ☐ Serve the pork mixture atop the noodles.
- ☐ Garnish with scallions.

Nutrition Facts



Properties

Glycemic Index:80.75, Glycemic Load:100.87, Inflammation Score:-9, Nutrition Score:43.871739143911%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 1368.39kcal (68.42%), Fat: 40.24g (61.91%), Saturated Fat: 10.31g (64.43%), Carbohydrates: 201.61g (67.2%), Net Carbohydrates: 198.06g (72.02%), Sugar: 5.51g (6.12%), Cholesterol: 81.65mg (27.22%), Sodium: 4067.63mg (176.85%), Alcohol: 3.62g (100%), Alcohol %: 0.83% (100%), Protein: 61.71g (123.43%), Manganese: 3.71mg (185.41%), Vitamin B1: 2.09mg (139.39%), Phosphorus: 986.94mg (98.69%), Vitamin B3: 17.22mg (86.09%), Magnesium: 299.07mg (74.77%), Vitamin B6: 1.45mg (72.41%), Iron: 9.54mg (53.01%), Zinc: 7.85mg (52.31%), Vitamin B2: 0.82mg (47.95%), Folate: 191.68µg (47.92%), Selenium: 33.01µg (47.16%), Vitamin B5: 4.45mg (44.46%), Copper: 0.82mg (40.95%), Potassium: 1408.57mg (40.24%), Vitamin K: 35.12µg (33.45%), Vitamin E: 2.53mg (16.87%), Fiber: 3.55g (14.2%), Calcium: 135.62mg (13.56%), Vitamin B12: 0.79µg (13.23%), Vitamin C: 6.05mg (7.33%), Vitamin A: 129.08IU (2.58%), Vitamin D: 0.28µg (1.87%)