



## Easy Pork in Chive & Onion Sauce

READY IN



45 min.

SERVINGS



45

CALORIES



33 kcal

SAUCE

### Ingredients

- 0.5 lb asparagus spears fresh
- 2 tsp canola oil
- 0.5 cup philadelphia chive & onion 1/3 less fat than cream cheese ( )
- 3 cups extra wide egg noodles whole wheat uncooked
- 0.8 cup chicken broth fat-free reduced-sodium
- 1 cup mushrooms fresh sliced
- 1 pkt. shake 'n bake original pork seasoned coating mix
- 1 lb pork tenderloin

## Equipment

- frying pan
- oven
- aluminum foil

## Directions

- Heat oven to 400F.
- Coat meat with coating mix; place in shallow foil-lined pan.
- Bake 30 min. or until done (145F), cooking noodles in unsalted water as directed on package for the last 15 min. of the meat baking time.
- Meanwhile, steam asparagus 6 min. or until crisp-tender. While asparagus is cooking, heat oil in medium skillet on medium-high heat.
- Add mushrooms; cook 5 min., stirring occasionally.
- Add cream cheese spread and broth; cook 2 min. or until cream cheese is melted and sauce is well blended, stirring frequently.
- Remove meat from oven.
- Let stand 3 min.
- Drain noodles and asparagus. Slice meat. Top noodles with meat, then sauce.
- Serve with asparagus.

## Nutrition Facts



## Properties

Glycemic Index:2.4, Glycemic Load:0.8, Inflammation Score:-1, Nutrition Score:2.2413043509359%

## Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

## Nutrients (% of daily need)

Calories: 32.76kcal (1.64%), Fat: 1.34g (2.06%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 2.02g (0.74%), Sugar: 0.27g (0.3%), Cholesterol: 10.6mg (3.53%), Sodium: 33.43mg (1.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.75%), Selenium: 5.57µg (7.95%), Vitamin B1: 0.12mg (7.74%), Vitamin B6: 0.09mg (4.59%), Vitamin B3: 0.89mg (4.44%), Phosphorus: 36.33mg (3.63%), Vitamin B2: 0.05mg (3.17%), Vitamin K: 2.25µg (2.14%), Zinc: 0.29mg (1.91%), Potassium: 65.3mg (1.87%), Copper: 0.03mg (1.69%), Manganese: 0.03mg (1.63%), Vitamin B5: 0.16mg (1.61%), Iron: 0.27mg (1.52%), Magnesium: 5.22mg (1.3%), Vitamin A: 63.87IU (1.28%), Vitamin B12: 0.07µg (1.19%)