



Easy Pork Skillet

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup broccoli
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 medium spring onion cut into 1-inch pieces (1/2 cup)
- ☐ 0.8 pound pork tenderloin cut into 1/8-inch strips
- ☐ 6 ounces japanese ramen noodles
- ☐ 1 medium bell pepper red cut into 3/4 inch pieces (1 cup)
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil

☐ 1.5 cups water

Equipment

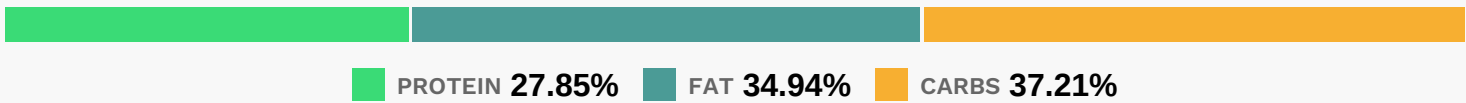
☐ frying pan

☐ wok

Directions

- ☐ Heat 12-inch skillet or wok over medium-high heat.
- ☐ Add oil; rotate skillet to coat side.
- ☐ Add pork; stir-fry about 5 minutes or until pork is no longer pink.
- ☐ Gently break apart noodles. Stir noodles, seasonings from flavor packets and remaining ingredients into pork.
- ☐ Heat to boiling. Boil 3 to 4 minutes, stirring occasionally, until noodles are completely softened.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:13.13, Inflammation Score:-8, Nutrition Score:26.171738966652%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 341.7kcal (17.08%), Fat: 13.28g (20.43%), Saturated Fat: 4.79g (29.94%), Carbohydrates: 31.83g (10.61%), Net Carbohydrates: 29.09g (10.58%), Sugar: 2.75g (3.06%), Cholesterol: 55.28mg (18.43%), Sodium: 1178.94mg (51.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.81g (47.63%), Vitamin B1: 1.32mg (87.75%), Vitamin C: 61.28mg (74.27%), Vitamin K: 70.42µg (67.07%), Selenium: 30.8µg (44%), Vitamin B6: 0.84mg (41.77%), Vitamin B3: 8.1mg (40.48%), Phosphorus: 293.11mg (29.31%), Vitamin B2: 0.48mg (28.15%), Vitamin A: 1234.58IU (24.69%), Folate: 86.91µg (21.73%), Manganese: 0.4mg (20.04%), Iron: 3.26mg (18.1%), Potassium: 607.01mg (17.34%), Zinc:

2.23mg (14.87%), Vitamin E: 1.88mg (12.51%), Magnesium: 48.62mg (12.16%), Fiber: 2.73g (10.94%), Vitamin B5: 1.08mg (10.83%), Copper: 0.2mg (10.11%), Vitamin B12: 0.55µg (9.14%), Calcium: 49.92mg (4.99%), Vitamin D: 0.26µg (1.7%)