



Easy Pork Skillet

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

☐ 1 tablespoon soya sauce

Equipment

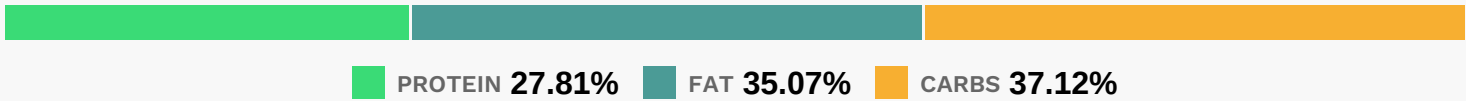
☐ frying pan

☐ 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:13.09, Inflammation Score:-8, Nutrition Score:24.725217290547%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 340.47kcal (17.02%), Fat: 13.27g (20.41%), Saturated Fat: 4.8g (29.98%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 28.95g (10.53%), Sugar: 2.86g (3.17%), Cholesterol: 55.28mg (18.43%), Sodium: 1179.18mg (51.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.67g (47.35%), Vitamin B1: 1.31mg (87.55%), Vitamin C: 53.7mg (65.09%), Vitamin K: 51.86µg (49.39%), Selenium: 30.4µg (43.43%), Vitamin B6: 0.84mg (42.14%), Vitamin B3: 8.08mg (40.42%), Phosphorus: 289.59mg (28.96%), Vitamin B2: 0.47mg (27.52%), Vitamin A: 1097.52IU (21.95%), Folate: 87.3µg (21.82%), Manganese: 0.39mg (19.67%), Iron: 3.2mg (17.79%), Potassium: 612.24mg (17.49%), Zinc: 2.21mg (14.72%), Magnesium: 47.75mg (11.94%), Vitamin E: 1.72mg (11.5%), Vitamin B5:

1.12mg (11.24%), Fiber: 2.66g (10.65%), Copper: 0.2mg (10.06%), Vitamin B12: 0.55µg (9.14%), Calcium: 45.08mg (4.51%), Vitamin D: 0.26µg (1.7%)