



Fettuccine with Five-Spice Pork and Carrots

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings five-spice powder chinese
- ☐ 4 carrots cut in half lengthwise and then crosswise into 1/4-inch slices
- ☐ 1 cup chicken broth low-sodium homemade canned
- ☐ 3 tablespoons cooking oil
- ☐ 0.5 pound extra wide egg noodles chinese
- ☐ 1 tablespoon ginger fresh chopped
- ☐ 4 cloves garlic cut into thin slices
- ☐ 4 servings fresh-ground pepper black

- ☐ 1 jalapeno chopped
- ☐ 1 pound pork tenderloin
- ☐ 4 servings salt
- ☐ 4 scallions including tops green chopped
- ☐ 2 tablespoons soya sauce
- ☐ 1 teaspoon sugar

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cut the pork into 1/2-inch slices and flatten them with the heel of your hand.
- ☐ Sprinkle the pork with 1/8 teaspoon each salt and pepper and 1/4 teaspoon five-spice powder. In a large frying pan, heat 1 tablespoon of the oil over moderate heat. Cook the pork, in two batches if necessary, until just done, about 1 minute per side.
- ☐ Remove the pork from the pan, let sit for 5 minutes, and then cut it into strips.
- ☐ In the same pan, heat the remaining 2 tablespoons oil over moderate heat.
- ☐ Add the carrots and sugar and cook, stirring frequently, until starting to brown, about 3 minutes. Stir in the scallions, garlic, ginger, and jalapeo. Cook, stirring, for 2 minutes longer.
- ☐ Add the broth, soy sauce, 1/2 teaspoon salt, and 1/8 teaspoon five-spice powder and simmer until the sauce begins to thicken, about 4 minutes. Stir in the pork and any accumulated juice and remove the sauce from the heat.
- ☐ In a large pot of boiling, salted water, cook the fettuccine until just done, about 12 minutes.
- ☐ Drain and toss with the sauce.
- ☐ Wine Recommendation: A dry but aromatic white wine will work nicely with the light pork as well as the assertive flavors of the fresh ginger and the Chinese spices. Try a dry riesling either from Alsace in France or from California.

Nutrition Facts



 PROTEIN **30.96%**  FAT **38.53%**  CARBS **30.51%**

Properties

Glycemic Index:69.48, Glycemic Load:3.27, Inflammation Score:-10, Nutrition Score:26.272608757019%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 383.33kcal (19.17%), Fat: 16.38g (25.19%), Saturated Fat: 2.83g (17.66%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 25.58g (9.3%), Sugar: 5.17g (5.74%), Cholesterol: 73.71mg (24.57%), Sodium: 914.63mg (39.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.61g (59.21%), Vitamin A: 10354.22IU (207.08%), Vitamin B1: 1.18mg (78.47%), Vitamin B6: 1.04mg (52.22%), Selenium: 35.08µg (50.11%), Vitamin B3: 9.43mg (47.16%), Vitamin K: 41.24µg (39.28%), Phosphorus: 341.4mg (34.14%), Vitamin B2: 0.47mg (27.54%), Potassium: 787.57mg (22.5%), Iron: 3.38mg (18.8%), Vitamin E: 2.69mg (17.93%), Zinc: 2.51mg (16.75%), Fiber: 3.59g (14.37%), Vitamin C: 11.24mg (13.62%), Manganese: 0.26mg (13.05%), Magnesium: 48.43mg (12.11%), Vitamin B5: 1.2mg (12%), Vitamin B12: 0.65µg (10.81%), Copper: 0.21mg (10.29%), Folate: 22.23µg (5.56%), Calcium: 52.9mg (5.29%), Vitamin D: 0.34µg (2.27%)