



## Pork Lo Mein

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup baby carrots cut lengthwise into 1/4-inch sticks
- 0.5 lb pork loin boneless
- 0.3 cup chicken broth (from 32-oz carton)
- 2 teaspoons cornstarch
- 2 cloves garlic finely chopped
- 2 teaspoons ginger finely chopped
- 0.5 package pasta refrigerated cut into 2-inch pieces (9-oz size)
- 2 cups snow peas fresh

- 0.5 cup onion red thinly sliced
- 6 servings sesame seed toasted
- 1 tablespoon soya sauce
- 1 teaspoon sugar
- 2 teaspoons vegetable oil

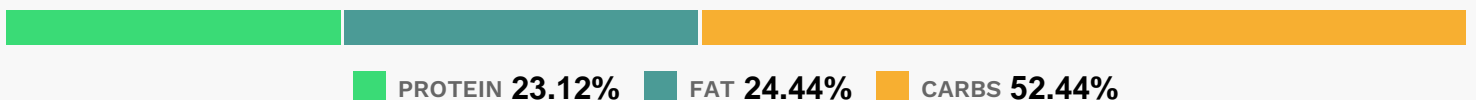
## Equipment

- bowl
- frying pan
- sauce pan
- wok

## Directions

- Trim fat from pork.
- Cut pork with grain into 2x1-inch strips; cut strips across grain into 1/8-inch slices (pork is easier to cut if partially frozen, about 1 1/2 hours).
- Remove strings from pea pods.
- In 3-quart saucepan, heat 2 quarts water to boiling.
- Add pea pods, carrots and linguine; heat to boiling. Boil 2 to 3 minutes or just until linguine is tender; drain.
- In small bowl, mix broth, soy sauce, cornstarch, sugar, gingerroot and garlic.
- In 12-inch nonstick skillet or wok, heat oil over medium-high heat.
- Add pork and onion; stir-fry about 2 minutes or until pork is no longer pink. Stir broth mixture; stir into pork mixture. Stir in pea pods, carrots and linguine. Cook 2 minutes, stirring occasionally.
- Sprinkle with sesame seed.

## Nutrition Facts



## Properties

Glycemic Index:39.02, Glycemic Load:12.45, Inflammation Score:-9, Nutrition Score:18.679565232733%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

## Nutrients (% of daily need)

Calories: 284.35kcal (14.22%), Fat: 7.72g (11.88%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 33.39g (12.14%), Sugar: 4.71g (5.23%), Cholesterol: 24.07mg (8.02%), Sodium: 256.47mg (11.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.45g (32.89%), Vitamin A: 3298.29IU (65.97%), Selenium: 37.66µg (53.79%), Manganese: 0.71mg (35.6%), Vitamin C: 21.49mg (26.04%), Copper: 0.52mg (26%), Vitamin B6: 0.51mg (25.6%), Phosphorus: 239.66mg (23.97%), Vitamin B1: 0.33mg (22.18%), Vitamin B3: 3.66mg (18.3%), Magnesium: 70.98mg (17.74%), Iron: 2.86mg (15.88%), Fiber: 3.9g (15.61%), Zinc: 2.01mg (13.42%), Vitamin K: 13.04µg (12.42%), Potassium: 413.31mg (11.81%), Calcium: 114.76mg (11.48%), Vitamin B2: 0.16mg (9.65%), Folate: 37.17µg (9.29%), Vitamin B5: 0.81mg (8.14%), Vitamin B12: 0.2µg (3.26%), Vitamin E: 0.37mg (2.47%), Vitamin D: 0.15µg (1.01%)