



Five-Spice Pork Lo Mein

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons five spice powder
- 1 tablespoon ginger fresh grated peeled
- 0.5 cup spring onion chopped
- 0.3 cup hoisin sauce
- 0.8 pound pork tenderloins trimmed cut into thin strips
- 8 ounces soup noodles chinese-style uncooked
- 2 tablespoons vegetable oil; peanut oil preferred toasted
- 0.5 teaspoon salt divided

0.3 cup water

Equipment

bowl

frying pan

kitchen scissors

Directions

Cook noodles according to package directions, omitting salt and fat; drain.

Place in a large bowl. Snip noodles several times with kitchen scissors.

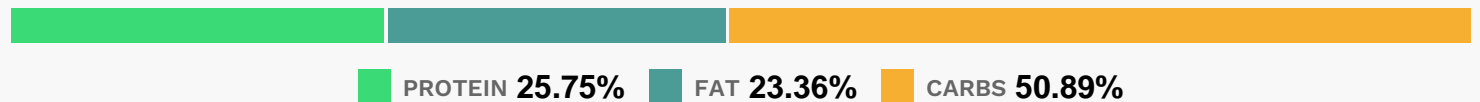
Combine ginger, five-spice powder, and pork in a medium bowl; add 1/4 teaspoon salt, tossing to coat.

Heat oil in a large nonstick skillet over medium-high heat.

Add pork mixture; saut 2 minutes or until browned. Stir in remaining 1/4 teaspoon salt, water, and hoisin sauce; cook 2 minutes or until pork is done.

Add pork mixture and green onions to noodles; toss well to combine.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:11.52, Inflammation Score:-3, Nutrition Score:13.702608678652%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 276.59kcal (13.83%), Fat: 7.09g (10.91%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 34.76g (11.59%), Net Carbohydrates: 32.8g (11.93%), Sugar: 4.35g (4.83%), Cholesterol: 37.2mg (12.4%), Sodium: 413.92mg (18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.6g (35.19%), Selenium: 41.68µg (59.55%), Vitamin B1: 0.61mg (40.65%), Vitamin B6: 0.52mg (25.85%), Vitamin B3: 4.66mg (23.3%), Phosphorus: 225.19mg (22.52%), Manganese: 0.43mg (21.57%), Vitamin K: 17.38µg (16.55%), Vitamin B2: 0.25mg (14.85%), Zinc: 1.75mg (11.67%), Magnesium: 42.63mg (10.66%), Potassium: 371.25mg (10.61%), Iron: 1.79mg (9.94%), Copper: 0.2mg (9.92%), Fiber: 1.97g

(7.86%), Vitamin B5: 0.67mg (6.7%), Vitamin E: 0.98mg (6.53%), Vitamin B12: 0.29µg (4.82%), Folate: 15.03µg (3.76%), Calcium: 29.66mg (2.97%), Vitamin C: 1.95mg (2.36%), Vitamin A: 87.92IU (1.76%)