



## Green Onion Pork Noodles

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



456 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 8 ounces bean thread noodles (cellophane)
- ☐ 1 teaspoon black bean garlic sauce
- ☐ 2 teaspoons asian chili paste
- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup green onions divided chopped
- ☐ 8 ounces ground pork
- ☐ 1.5 cups chicken broth reduced-sodium

- ☐ 3 tablespoons shaoxing rice wine divided
- ☐ 2 teaspoons asian sesame oil divided toasted ()
- ☐ 3 tablespoons soya sauce divided
- ☐ 1.5 teaspoons sugar
- ☐ 1 tablespoon vegetable oil

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

## Directions

- ☐ In a small bowl, mix pork, 1 tbsp. each soy sauce and rice wine, and 1 tsp. sesame oil just until combined; set aside.
- ☐ In another bowl, mix together remaining 2 tbsp. each soy sauce and rice wine, 1 tsp. sesame oil, the sugar, and chicken broth. Set sauce aside.
- ☐ Put noodles in a large bowl and cover with very hot water.
- ☐ Let soak 5 minutes; drain.
- ☐ Heat a wok over high heat until smoking.
- ☐ Add vegetable oil, carefully swirling pan to coat.
- ☐ Add pork and stir vigorously with a large spoon to break up meat into small bits. Make a large well in center of pork.
- ☐ Add 1/4 cup green onions, the ginger, garlic, chili paste, and bean sauce to well; cook without stirring just until fragrant, about 1 minute. Stir onion mixture and pork together.
- ☐ Pour reserved sauce over meat mixture.
- ☐ Add noodles, stirring well to combine. Reduce heat to a simmer and let sauce reduce by half, stirring occasionally to prevent sticking, about 5 minutes.
- ☐ Transfer noodle mixture to a large platter and sprinkle with remaining 1/4 cup green onions.
- ☐ \*Find these items in the Asian foods aisle of most grocery stores.

## Nutrition Facts



 **PROTEIN 12.29%**  **FAT 36.76%**  **CARBS 50.95%**

## Properties

Glycemic Index:40.52, Glycemic Load:1.79, Inflammation Score:-3, Nutrition Score:11.364347851795%

## Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## Nutrients (% of daily need)

Calories: 455.92kcal (22.8%), Fat: 18.11g (27.86%), Saturated Fat: 5.45g (34.06%), Carbohydrates: 56.48g (18.83%), Net Carbohydrates: 55.52g (20.19%), Sugar: 2.6g (2.89%), Cholesterol: 40.82mg (13.61%), Sodium: 821.99mg (35.74%), Alcohol: 1.81g (100%), Alcohol %: 0.89% (100%), Protein: 13.62g (27.24%), Vitamin B1: 0.53mg (35.07%), Vitamin K: 32.5µg (30.95%), Selenium: 19.4µg (27.71%), Vitamin B3: 4.48mg (22.39%), Phosphorus: 175.38mg (17.54%), Vitamin B6: 0.35mg (17.41%), Iron: 2.57mg (14.27%), Vitamin B2: 0.2mg (11.64%), Zinc: 1.74mg (11.6%), Manganese: 0.22mg (11.23%), Potassium: 350.28mg (10.01%), Copper: 0.17mg (8.47%), Vitamin B12: 0.49µg (8.09%), Magnesium: 24.74mg (6.18%), Vitamin C: 4.57mg (5.54%), Vitamin B5: 0.53mg (5.27%), Calcium: 46.23mg (4.62%), Fiber: 0.95g (3.81%), Folate: 15.15µg (3.79%), Vitamin E: 0.47mg (3.11%), Vitamin A: 133.93IU (2.68%)