



Grilled Asian Pork and Pasta with Crunchy Noodles

 Dairy Free

READY IN



115 min.

SERVINGS



4

CALORIES



488 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 ounces japanese ramen noodles
- 1 head boston lettuce leaves
- 1 cup carrots shredded
- 5.5 ounces soup noodles uncooked (twist)
- 1.5 cups snow peas
- 1 pound pork tenderloin
- 1 tablespoon sesame seed toasted

- 1 tablespoon soya sauce
- 1 tablespoon sugar
- 2 tablespoons vegetable oil

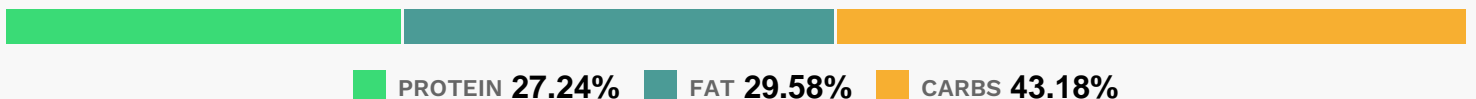
Equipment

- bowl
- whisk
- grill

Directions

- Cook and drain pasta as directed on package, adding pea pods during last minute of cooking. Rinse with cold water; drain.
- Mix pasta, pea pods and carrots in large bowl.
- Mix sugar, oil, soy sauce and seasoning packet from soup mix in small bowl with wire whisk (sugar and seasonings will dissolve during refrigeration).
- Pour dressing over pasta mixture; toss to coat. Cover and refrigerate at least 1 hour to blend flavors.
- Heat coals or gas grill for direct heat. Cover and grill pork 5 to 6 inches from medium heat 15 to 20 minutes or until pork is slightly pink in center.
- Cut pork into thin slices.
- Break ramen noodles into pieces.
- Add to pasta mixture; toss. Line serving platter or 4 plates with lettuce leaves. Spoon pasta mixture into center of serving platter or divide among 4 plates. Arrange pork slices on top; sprinkle with sesame seed.

Nutrition Facts



Properties

Glycemic Index:63.98, Glycemic Load:21.03, Inflammation Score:-10, Nutrition Score:31.689565347589%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 487.81kcal (24.39%), Fat: 15.87g (24.42%), Saturated Fat: 4.25g (26.59%), Carbohydrates: 52.14g (17.38%), Net Carbohydrates: 48.28g (17.56%), Sugar: 7.44g (8.27%), Cholesterol: 73.71mg (24.57%), Sodium: 769.39mg (33.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.89g (65.77%), Vitamin A: 5758.67IU (115.17%), Vitamin B1: 1.46mg (97.49%), Selenium: 62.15µg (88.79%), Vitamin B6: 1.07mg (53.47%), Vitamin B3: 9.83mg (49.15%), Phosphorus: 423.72mg (42.37%), Manganese: 0.69mg (34.4%), Vitamin B2: 0.52mg (30.65%), Vitamin C: 24.01mg (29.1%), Vitamin K: 27.42µg (26.12%), Potassium: 766.1mg (21.89%), Zinc: 3.2mg (21.35%), Iron: 3.72mg (20.69%), Magnesium: 77.68mg (19.42%), Copper: 0.38mg (19.1%), Vitamin B5: 1.56mg (15.57%), Fiber: 3.86g (15.45%), Folate: 55.49µg (13.87%), Vitamin B12: 0.64µg (10.71%), Vitamin E: 1.53mg (10.2%), Calcium: 68.04mg (6.8%), Vitamin D: 0.34µg (2.27%)