



Grilled Pork and Rice Noodle Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound julienne-cut carrot
- 2 teaspoons chile paste with garlic
- 0.8 pound julienne-cut cucumber
- 0.3 cup dry-roasted peanuts chopped
- 3 tablespoons fish sauce
- 0.5 cup basil fresh chopped
- 1 cup bean sprouts fresh
- 0.5 cup mint leaves fresh chopped

- 1 garlic clove minced
- 0.3 cup juice of lime fresh
- 2 cups salad greens mixed
- 4 hoisin-marinated pork chops thinly sliced
- 0.5 pound rice sticks uncooked (rice-flour noodles)
- 0.3 cup sugar
- 0.7 cup water boiling

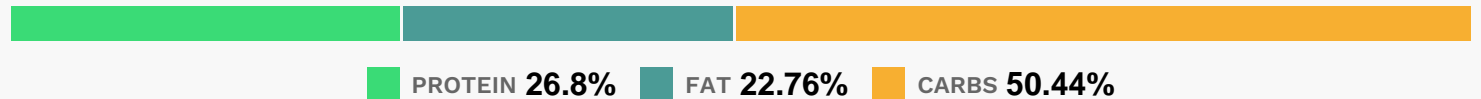
Equipment

- bowl

Directions

- Combine boiling water and sugar, stirring until sugar dissolves.
- Add juice, fish sauce, chile paste, and garlic. Cool.
- Prepare noodles according to package directions; drain.
- Combine noodles, greens, and next 6 ingredients (greens through pork chops) in a large bowl.
- Add juice mixture; toss well.
- Sprinkle with peanuts.
- (Totals include Hoisin-Marinated Pork Chops)

Nutrition Facts



Properties

Glycemic Index:48.85, Glycemic Load:25.39, Inflammation Score:-10, Nutrition Score:24.593043441358%

Flavonoids

Eriodictyol: 1.45mg, Eriodictyol: 1.45mg, Eriodictyol: 1.45mg, Eriodictyol: 1.45mg Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 385.45kcal (19.27%), Fat: 9.75g (15%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 48.6g (16.2%), Net Carbohydrates: 45.4g (16.51%), Sugar: 12.37g (13.74%), Cholesterol: 59.85mg (19.95%), Sodium: 812.66mg (35.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.82g (51.64%), Vitamin A: 6790.23IU (135.8%), Selenium: 36.96µg (52.8%), Vitamin B3: 9.58mg (47.92%), Vitamin B1: 0.71mg (47.56%), Vitamin B6: 0.89mg (44.53%), Manganese: 0.81mg (40.38%), Phosphorus: 316.6mg (31.66%), Vitamin K: 23.24µg (22.13%), Potassium: 747.94mg (21.37%), Magnesium: 81.04mg (20.26%), Vitamin C: 15.48mg (18.76%), Vitamin B2: 0.28mg (16.19%), Zinc: 2.3mg (15.35%), Copper: 0.3mg (15.12%), Vitamin B5: 1.49mg (14.86%), Folate: 53.07µg (13.27%), Fiber: 3.2g (12.82%), Iron: 1.73mg (9.61%), Vitamin B12: 0.52µg (8.61%), Calcium: 67.83mg (6.78%), Vitamin E: 0.49mg (3.28%), Vitamin D: 0.36µg (2.38%)