



## Grilled Pork Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



600 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.5 lb bean sprouts rinsed drained
- ☐ 12 cilantro sprigs
- ☐ 1 cup fish sauce sweet sour
- ☐ 2 cloves garlic
- ☐ 2 tablespoons hoisin sauce
- ☐ 0.3 cup honey
- ☐ 2 stalks lemon grass fresh ()
- ☐ 12 mint sprigs

- ☐ 0.5 cup onion sliced
- ☐ 2 tablespoons oyster sauce
- ☐ 1 teaspoon pepper
- ☐ 1.5 pounds boned center-cut pork loin
- ☐ 6 ounces red-leaf lettuce
- ☐ 1 pound rice noodles dried (maifun, rice sticks, or rice vermicelli)
- ☐ 0.5 cup roasted salted crushed finely chopped
- ☐ 2 tablespoons soya sauce

## Equipment

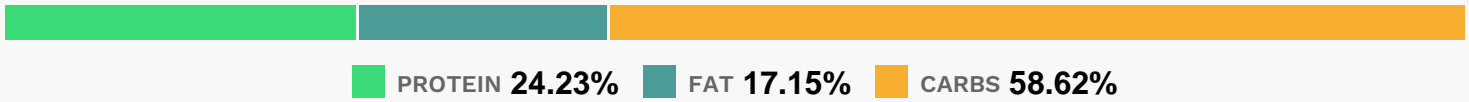
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

## Directions

- ☐ Soak 6 to 12 thin wood skewers (8 to 10 in. long) in water at least 15 minutes.
- ☐ Meanwhile, trim off and discard tough tops and root ends of lemon grass.
- ☐ Remove and discard tough outer layers of stalks until you reach tender inner part.
- ☐ Cut tender part into 1/4-inch pieces.
- ☐ In a blender, combine lemon grass, garlic, onion, oyster sauce, hoisin, soy, honey, and pepper; whirl until finely ground and soupy.
- ☐ Trim and discard fat from pork. Slice meat across grain as thin as possible, then slice into about 1-inch-wide strips. Coat pork slices with lemon grass mixture.
- ☐ Weave wood skewers in and out of meat strips, down the center, at 1-inch intervals. Loosely push meat together so it bunches up, filling skewers equally.
- ☐ In a 5- to 6-quart pan over high heat, bring about 3 quarts water to a boil.

- ☐ Add rice noodles and cook until they are barely tender to bite, 3 to 5 minutes.
- ☐ Drain, then immerse the hot noodles in cold water.
- ☐ Let stand until cool, then drain.
- ☐ Divide lettuce, bean sprouts, and mint and cilantro sprigs among 6 wide soup bowls. Mound equal portions of noodles in the bowls.
- ☐ Place pork on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); cover gas grill. Cook pork, turning to brown the meat on all sides, 6 to 8 minutes total.
- ☐ Place skewers of meat on noodles in bowls.
- ☐ Sprinkle with peanuts. Push meat off skewers and eat with condiments in bowl, adding sweet and sour fish sauce to taste.

## Nutrition Facts



## Properties

Glycemic Index:41.05, Glycemic Load:42.33, Inflammation Score:-9, Nutrition Score:29.701304373534%

## Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg

## Nutrients (% of daily need)

Calories: 600.13kcal (30.01%), Fat: 11.42g (17.57%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 87.82g (29.27%), Net Carbohydrates: 83.75g (30.45%), Sugar: 16.87g (18.75%), Cholesterol: 71.6mg (23.87%), Sodium: 3879.98mg (168.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.31g (72.62%), Selenium: 48.73µg (69.61%), Manganese: 1.33mg (66.29%), Vitamin K: 65.21µg (62.1%), Vitamin B6: 1.17mg (58.75%), Vitamin B3: 10.33mg (51.65%), Vitamin A: 2494.2IU (49.88%), Phosphorus: 475.02mg (47.5%), Vitamin B1: 0.64mg (42.62%), Magnesium: 150mg (37.5%), Potassium: 887.82mg (25.37%), Zinc: 3.4mg (22.69%), Vitamin B2: 0.38mg (22.55%), Folate: 85.2µg (21.3%), Iron: 3.33mg (18.5%), Copper: 0.36mg (18.24%), Fiber: 4.08g (16.3%), Vitamin B5: 1.38mg (13.79%), Vitamin B12: 0.79µg (13.14%), Vitamin C: 9.47mg (11.48%), Calcium: 85.16mg (8.52%), Vitamin D: 0.45µg (3.02%), Vitamin E:

0.35mg (2.33%)