



Grilled Teriyaki Pork with Mango-Noodle Salad

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 cucumber peeled seeded thinly sliced
- ☐ 1 teaspoon ginger fresh finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 small mangos pitted peeled cut into 1/2-inch dice
- ☐ 16 oz pork chops boneless
- ☐ 8 ounces rice noodles

- ☐ 0.5 teaspoon salt
- ☐ 4 scallions light white green finely chopped
- ☐ 3 tablespoons sesame oil
- ☐ 0.3 cup teriyaki sauce

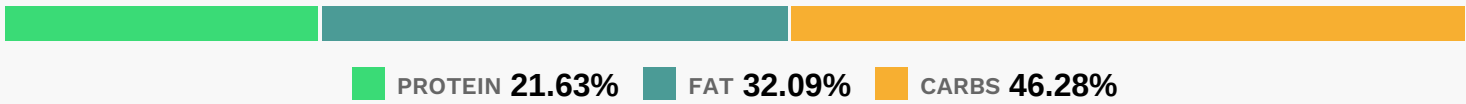
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ cutting board

Directions

- ☐ Combine pork chops, teriyaki sauce and garlic in a ziplock bag; turn several times to coat. Preheat grill to high.
- ☐ Whisk sesame oil, lime juice, scallions, ginger, salt and red pepper flakes in a small bowl.
- ☐ Place rice noodles in a large heatproof bowl and cover with boiling water.
- ☐ Let stand until tender, about 20 minutes.
- ☐ Drain well, rinse under cold water and drain again.
- ☐ While noodles are soaking, grill pork chops until cooked through, turning once, about 10 minutes total.
- ☐ Remove pork chops to a cutting board and let stand 5 minutes before slicing thinly.
- ☐ Pour dressing over noodles, and toss to coat.
- ☐ Add mango and cucumber, and toss again. Divide noodles among 4 bowls and top with pork.

Nutrition Facts



Properties

Glycemic Index:50.44, Glycemic Load:30.85, Inflammation Score:-7, Nutrition Score:21.835652496504%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 540.94kcal (27.05%), Fat: 19.02g (29.27%), Saturated Fat: 4.42g (27.63%), Carbohydrates: 61.73g (20.58%), Net Carbohydrates: 59.24g (21.54%), Sugar: 11.44g (12.71%), Cholesterol: 75.98mg (25.33%), Sodium: 1375.27mg (59.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.85g (57.69%), Selenium: 47.06µg (67.22%), Vitamin B1: 0.82mg (54.63%), Vitamin B3: 9.97mg (49.83%), Vitamin B6: 0.97mg (48.56%), Phosphorus: 403.81mg (40.38%), Vitamin C: 25.04mg (30.35%), Vitamin K: 31.48µg (29.98%), Manganese: 0.4mg (20.1%), Potassium: 686.84mg (19.62%), Vitamin B2: 0.28mg (16.48%), Magnesium: 64.57mg (16.14%), Zinc: 2.39mg (15.97%), Vitamin A: 789.12IU (15.78%), Copper: 0.24mg (11.81%), Vitamin B5: 1.12mg (11.24%), Vitamin B12: 0.6µg (10.02%), Iron: 1.8mg (9.98%), Fiber: 2.49g (9.97%), Folate: 39.72µg (9.93%), Vitamin E: 0.95mg (6.35%), Calcium: 48.58mg (4.86%), Vitamin D: 0.45µg (3.02%)