



HEALTH SCORE

58%

Hoisin-Braised Pork, Mushrooms and Green Beans on Noodles



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons five spice powder chinese
- ☐ 3 tablespoons flour
- ☐ 9 ounce eggs fresh cut in half
- ☐ 1 pound mushroom caps fresh stemmed sliced
- ☐ 2.3 inch ginger fresh peeled
- ☐ 8 ounces green beans trimmed
- ☐ 1.5 cups spring onion chopped

- ☐ 3 tablespoons hoisin sauce
- ☐ 1 cup chicken broth canned
- ☐ 1 tablespoon sesame oil
- ☐ 1.5 pounds pork shoulder boneless cut into 1-inch cubes (Boston butt)
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons vegetable oil

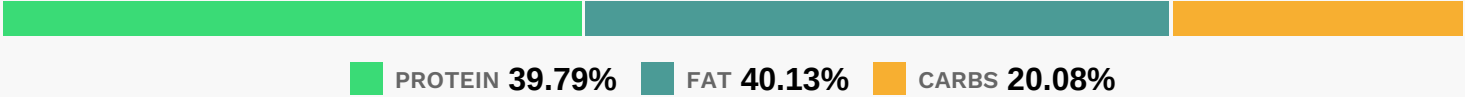
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Combine pork and five-spice powder in medium bowl; mix well.
- ☐ Sprinkle pork with pepper and lightly with salt.
- ☐ Add flour and toss to coat.
- ☐ Heat vegetable oil in heavy large pot over medium-high heat.
- ☐ Add half of pork and saut) until brown, about 4 minutes; transfer to bowl.
- ☐ Add remaining pork and sauté until brown, about 4 minutes. Return pork and any juices from bowl to pot.
- ☐ Add mushrooms, broth, 1 1/4 cups green onions, hoisin, soy sauce and ginger and bring to boil, scraping up browned bits. Reduce heat to low, cover and simmer until pork is just tender, stirring occasionally, about 50 minutes. (Can be made 1 day ahead. Chill uncovered until cold, then cover and keep chilled. Bring to simmer before continuing.)
- ☐ Add green beans. Cover; simmer 5 minutes. Uncover; simmer until beans are crisp-tender, stirring occasionally, about 5 minutes.
- ☐ Meanwhile, cook linguine in medium pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain well. Return linguine to pot; mix in sesame oil.
- ☐ Transfer linguine to serving bowl. Top with pork mixture.
- ☐ Sprinkle with remaining 1/4 cup green onions.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:6.51, Inflammation Score:-8, Nutrition Score:45.097391626109%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 535.33kcal (26.77%), Fat: 24.07g (37.03%), Saturated Fat: 5.6g (35%), Carbohydrates: 27.11g (9.04%), Net Carbohydrates: 20.87g (7.59%), Sugar: 9.17g (10.19%), Cholesterol: 339.7mg (113.23%), Sodium: 666.45mg (28.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.7g (107.39%), Vitamin B3: 22.94mg (114.7%), Vitamin K: 115.26µg (109.77%), Selenium: 72.78µg (103.98%), Vitamin B6: 1.82mg (90.79%), Vitamin B2: 1.5mg (88.41%), Vitamin B1: 1.26mg (84.12%), Phosphorus: 722.57mg (72.26%), Vitamin B5: 4.58mg (45.79%), Potassium: 1424.6mg (40.7%), Zinc: 5.87mg (39.1%), Vitamin B12: 2.11µg (35.11%), Manganese: 0.63mg (31.56%), Iron: 5.61mg (31.17%), Magnesium: 107.83mg (26.96%), Folate: 101.93µg (25.48%), Fiber: 6.24g (24.94%), Copper: 0.49mg (24.66%), Vitamin A: 1116.49IU (22.33%), Vitamin C: 14.63mg (17.74%), Vitamin E: 1.9mg (12.65%), Calcium: 119.37mg (11.94%), Vitamin D: 1.73µg (11.53%)