



Hoisin Pork and Snow Pea Stir-Fry

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



369 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 tablespoon cornstarch
- ☐ 4 teaspoons sesame oil dark divided
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 0.5 cup green onions chopped
- ☐ 1 tablespoon bottled ground ginger fresh
- ☐ 0.3 cup hoisin sauce
- ☐ 1 tablespoon honey

- ☐ 1 pound pork tenderloin trimmed thinly sliced
- ☐ 2 tablespoons soya sauce low-sodium divided
- ☐ 0.5 cup bell pepper red sliced
- ☐ 4 ounces rice noodles uncooked
- ☐ 0.5 pound snow peas trimmed

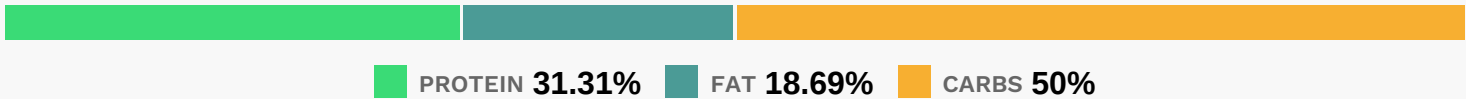
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Prepare rice noodles according to package directions, omitting salt and fat.
- ☐ Drain and keep warm.
- ☐ Combine 1 tablespoon soy sauce and pork, tossing to coat. Set aside.
- ☐ Combine remaining 1 tablespoon soy sauce, broth, hoisin, cornstarch, and honey in a medium bowl, stirring with a whisk until smooth.
- ☐ Heat 1 tablespoon sesame oil in a large nonstick skillet over medium-high heat.
- ☐ Add pork mixture to pan; saut 3 minutes or until browned.
- ☐ Remove pork from pan.
- ☐ Add remaining 1 teaspoon sesame oil to pan. Stir in peas, bell pepper, ginger, and garlic; saut 30 seconds. Return pork mixture to pan; stir in broth mixture. Simmer 2 minutes or until thick, stirring occasionally.
- ☐ Remove from heat, and stir in green onions.
- ☐ Serve pork mixture over the noodles.

Nutrition Facts



Properties

Glycemic Index:51.07, Glycemic Load:16.22, Inflammation Score:-8, Nutrition Score:28.219564987266%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 368.52kcal (18.43%), Fat: 7.55g (11.62%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 42.05g (15.29%), Sugar: 12.5g (13.89%), Cholesterol: 74.22mg (24.74%), Sodium: 858.17mg (37.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.47g (56.94%), Vitamin B1: 1.25mg (83.49%), Vitamin C: 60.7mg (73.58%), Selenium: 41.96µg (59.94%), Vitamin B6: 1.09mg (54.59%), Vitamin B3: 8.9mg (44.48%), Manganese: 0.86mg (43.1%), Vitamin K: 41.62µg (39.64%), Phosphorus: 391.96mg (39.2%), Vitamin B2: 0.53mg (31.46%), Vitamin A: 1325.61IU (26.51%), Potassium: 733.84mg (20.97%), Iron: 3.4mg (18.86%), Zinc: 2.8mg (18.67%), Magnesium: 65.59mg (16.4%), Vitamin B5: 1.57mg (15.73%), Fiber: 3.41g (13.65%), Folate: 49.44µg (12.36%), Copper: 0.23mg (11.46%), Vitamin B12: 0.66µg (11.06%), Vitamin E: 0.97mg (6.48%), Calcium: 59.1mg (5.91%), Vitamin D: 0.23µg (1.51%)