



Kung Pao Pork over Sesame Noodles

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



501 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb pork loin boneless cut into 1/2-inch pieces
- ☐ 1 lb broccoli slaw
- ☐ 1 tablespoon honey
- ☐ 0.5 cup sauce
- ☐ 1 medium bell pepper red cut into 1/2-inch pieces
- ☐ 7 oz vermicelli
- ☐ 2 tablespoons roasted peanuts salted
- ☐ 1 tablespoon vegetable oil

- ☐ 2 teaspoons vegetable oil
- ☐ 0.5 cup water

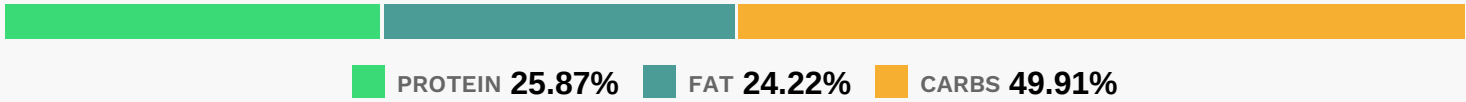
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 12-inch nonstick skillet over medium-high heat.
- ☐ Add vegetable oil; rotate skillet to coat bottom.
- ☐ Add broccoli slaw; cook and stir 2 to 3 minutes or until crisp-tender.
- ☐ Remove broccoli slaw from skillet; keep warm.
- ☐ Add pork to same skillet; cook and stir over medium-high heat 5 to 6 minutes or until brown. Stir in bell pepper and water. Cover; cook 3 to 4 minutes, stirring occasionally, until pork is tender. Stir in stir-fry sauce and honey. Reduce heat; simmer uncovered 1 to 2 minutes.
- ☐ Meanwhile, heat 3 quarts water to boiling.
- ☐ Add noodles; boil 3 minutes.
- ☐ Drain.
- ☐ Toss noodles and sesame oil. Divide noodles among bowls. Top with broccoli slaw and pork mixture.
- ☐ Sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:35.57, Glycemic Load:26.12, Inflammation Score:-9, Nutrition Score:26.313913138016%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin:

0.07mg

Nutrients (% of daily need)

Calories: 500.69kcal (25.03%), Fat: 13.5g (20.77%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 62.6g (20.87%), Net Carbohydrates: 60.73g (22.08%), Sugar: 12.39g (13.77%), Cholesterol: 71.44mg (23.81%), Sodium: 555.89mg (24.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.45g (64.91%), Vitamin C: 143.79mg (174.29%), Selenium: 42.75µg (61.07%), Vitamin B6: 1.14mg (57.23%), Phosphorus: 433.19mg (43.32%), Vitamin B3: 8.39mg (41.96%), Vitamin B1: 0.62mg (41.56%), Manganese: 0.67mg (33.5%), Vitamin A: 1385.06IU (27.7%), Potassium: 911.84mg (26.05%), Folate: 102.09µg (25.52%), Vitamin B2: 0.39mg (22.76%), Zinc: 3.05mg (20.34%), Magnesium: 76.16mg (19.04%), Vitamin B5: 1.64mg (16.44%), Iron: 2.22mg (12.35%), Vitamin K: 11.85µg (11.28%), Copper: 0.2mg (10.01%), Vitamin B12: 0.58µg (9.64%), Calcium: 77.32mg (7.73%), Fiber: 1.87g (7.5%), Vitamin E: 1.08mg (7.2%), Vitamin D: 0.45µg (3.02%)