



Kung Pao Pork over Sesame Noodles

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

- ☐ 2 teaspoons vegetable oil
- ☐ 2 tablespoons roasted peanuts salted

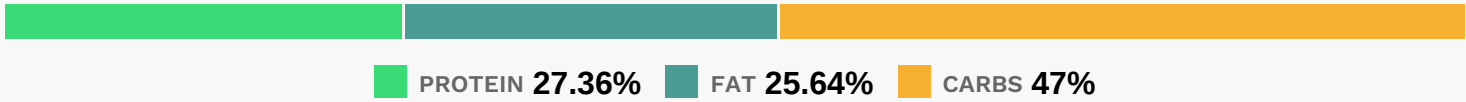
Equipment

- ☐ 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:46.82, Glycemic Load:26.74, Inflammation Score:-9, Nutrition Score:27.428695782371%

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

0.07mg

Nutrients (% of daily need)

Calories: 472.11kcal (23.61%), Fat: 13.55g (20.85%), Saturated Fat: 2.82g (17.61%), Carbohydrates: 55.88g (18.63%), Net Carbohydrates: 53.73g (19.54%), Sugar: 6.55g (7.28%), Cholesterol: 71.44mg (23.81%), Sodium: 202.69mg (8.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.54g (65.07%), Vitamin C: 170.74mg (206.95%), Vitamin B6: 1.24mg (61.97%), Selenium: 42.85µg (61.21%), Phosphorus: 441.25mg (44.13%), Vitamin B3: 8.63mg (43.13%), Vitamin B1: 0.64mg (42.46%), Manganese: 0.7mg (35.25%), Vitamin A: 1563.56IU (31.27%), Potassium: 972.21mg (27.78%), Folate: 106.4µg (26.6%), Vitamin B2: 0.4mg (23.71%), Zinc: 3.1mg (20.66%), Magnesium: 80.47mg (20.12%), Vitamin B5: 1.68mg (16.82%), Vitamin K: 14.47µg (13.78%), Iron: 2.42mg (13.42%), Copper: 0.22mg (11.22%), Vitamin B12: 0.58µg (9.64%), Fiber: 2.16g (8.62%), Vitamin E: 1.21mg (8.06%), Calcium: 79.94mg (7.99%), Vitamin D: 0.45µg (3.02%)