



Lemongrass Pork with Vietnamese Table Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small peas cored peeled halved thinly sliced cut into 2 wedges, ,
- 2 cups bean sprouts
- 3 heads boston lettuce separated cored
- 0.5 cup carrots shredded finely
- 1 small cucumber english halved lengthwise thinly sliced
- 2 teaspoons fish sauce
- 5 tablespoons fish sauce

- 1 cup cilantro leaves fresh
- 1 cup mint leaves fresh
- 1 garlic clove minced
- 1 tablespoon brown sugar
- 0.5 cup spring onion chopped (white and pale green parts only)
- 0.3 teaspoon pepper white
- 3 tablespoons lemon grass chopped
- 1.5 tablespoons juice of lime fresh
- 1.5 pounds pork loin boneless thick (each)
- 8 ounce vermicelli dried
- 20 shiso leaves fresh green
- 2 tablespoons soya sauce
- 3.5 tablespoons sugar
- 1 cup basil fresh
- 2 thai chile with seeds or 1/2 jalapeño chile with seeds, minced
- 3 tablespoons vegetable oil divided
- 0.8 cup water hot

Equipment

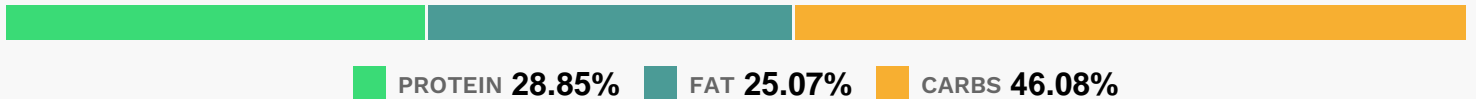
- bowl
- pot
- grill
- tongs
- cutting board

Directions

- Mix all ingredients in small bowl. Season sauce to taste with salt. (Can be made 1 day ahead. Cover and chill.)
- Mix first 6 ingredients and 2 tablespoons oil in 11x7-inch glass dish.

- Add pork chops to marinade, turn several times to coat evenly, then crowd together in single layer. Cover and refrigerate at least 30 minutes and up to 2 hours.
- Arrange cucumber, pineapple, bean sprouts, all herbs, and carrot around edge of large platter. (Can be prepared 2 hours ahead. Cover; chill.)
- Cook noodles in large pot of boiling salted water until just tender and turning white, separating often with tongs, about 4 minutes.
- Drain. Arrange in center of platter. Mound lettuce leaves in large shallow bowl.
- Prepare barbecue (medium-high heat).
- Brush grill rack with remaining 1 tablespoon oil. Grill pork with marinade still clinging to meat until slightly charred and cooked through, 4 to 5 minutes per side, depending on thickness.
- Transfer pork to cutting board.
- Let rest 10 minutes.
- Cut pork crosswise into 1/3-inch-wide strips.
- Place pork and any juices from board atop noodles. To serve, fill lettuce leaves with pork, noodles, herbs, and vegetables.
- Serve with sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:103.31, Glycemic Load:35.16, Inflammation Score:-10, Nutrition Score:42.254782635233%

Flavonoids

Eriodictyol: 3.6mg, Eriodictyol: 3.6mg, Eriodictyol: 3.6mg, Eriodictyol: 3.6mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 651.61kcal (32.58%), Fat: 18.15g (27.93%), Saturated Fat: 3.88g (24.24%), Carbohydrates: 75.06g (25.02%), Net Carbohydrates: 69.54g (25.29%), Sugar: 19.61g (21.79%), Cholesterol: 107.16mg (35.72%), Sodium: 2723.41mg

(118.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.01g (94.02%), Vitamin K: 229.43µg (218.51%), Vitamin A: 7975.95IU (159.52%), Selenium: 59.55µg (85.08%), Vitamin B6: 1.66mg (82.89%), Vitamin B1: 0.94mg (62.92%), Vitamin B3: 12.27mg (61.37%), Manganese: 1.23mg (61.34%), Phosphorus: 590.41mg (59.04%), Folate: 177.19µg (44.3%), Potassium: 1402.8mg (40.08%), Magnesium: 153.28mg (38.32%), Vitamin B2: 0.58mg (33.93%), Vitamin C: 27.59mg (33.45%), Zinc: 4.49mg (29.92%), Iron: 5.26mg (29.24%), Fiber: 5.53g (22.1%), Copper: 0.41mg (20.73%), Vitamin B5: 1.98mg (19.81%), Vitamin B12: 0.99µg (16.5%), Calcium: 150.64mg (15.06%), Vitamin E: 1.69mg (11.24%), Vitamin D: 0.68µg (4.54%)