



HEALTH SCORE

54%

Lemongrass Pork with Vietnamese Table Salad



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small baby pineapple 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 hothouse cucumber english halved lengthwise thinly sliced
- ☐ 2 teaspoons fish sauce
- ☐ 1 cup cilantro leaves fresh

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

Equipment

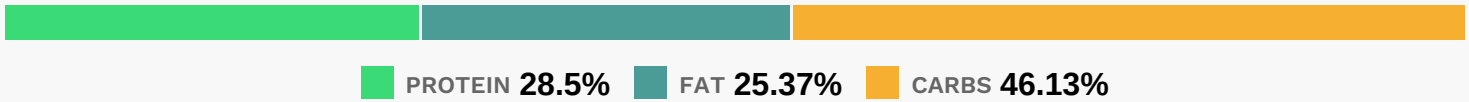
- ☐ bowl
- ☐ pot
- ☐ grill
- ☐ tongs
- ☐ cutting board

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:40.80782649828%

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: 643.73kcal (32.19%), Fat: 18.15g (27.93%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 74.24g (24.75%), Net Carbohydrates: 68.72g (24.99%), Sugar: 18.79g (20.88%), Cholesterol: 107.16mg (35.72%), Sodium: 957.16mg

(41.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.87g (91.74%), Vitamin K: 229.43µg (218.51%), Vitamin A: 7973.25IU (159.46%), Selenium: 57.51µg (82.15%), Vitamin B6: 1.57mg (78.43%), Vitamin B1: 0.94mg (62.74%), Phosphorus: 588.84mg (58.88%), Vitamin B3: 11.75mg (58.77%), Manganese: 1.17mg (58.72%), Folate: 165.72µg (41.43%), Potassium: 1338mg (38.23%), Vitamin C: 27.48mg (33.31%), Vitamin B2: 0.56mg (33.18%), Zinc: 4.44mg (29.62%), Magnesium: 113.9mg (28.48%), Iron: 5.09mg (28.26%), Fiber: 5.53g (22.1%), Copper: 0.4mg (20.16%), Vitamin B5: 1.95mg (19.54%), Vitamin B12: 0.88µg (14.7%), Calcium: 140.97mg (14.1%), Vitamin E: 1.69mg (11.24%), Vitamin D: 0.68µg (4.54%)