



Lort Cha (Short Rice Noodles)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups bean sprouts fresh
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups cabbage green thinly sliced
- ☐ 1.5 cups julienne-cut green onions ()
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon oyster sauce
- ☐ 8 ounce boned center-cut loin pork chops lean cut into 1/4-inch-wide strips (3/)

- ☐ 0.5 teaspoon sugar
- ☐ 1 pound udon noodles fresh thick uncooked (, round Japanese wheat noodles)
- ☐ 1.5 teaspoons vegetable oil

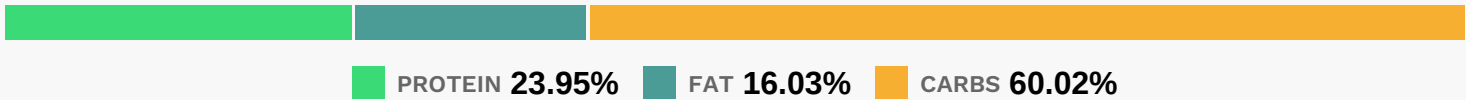
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Combine first 3 ingredients in a bowl. Stir well; set aside.
- ☐ Cook noodles in boiling water 10 minutes (discard noodle seasoning packet).
- ☐ Drain; rinse under cold water. Set aside.
- ☐ Heat oil in a wok or large skillet coated with cooking spray over high heat until hot.
- ☐ Add pork and garlic, and stir-fry 2 minutes.
- ☐ Add soy sauce mixture, and stir-fry 30 seconds.
- ☐ Add egg, and stir-fry 30 seconds.
- ☐ Add cooked noodles, bean sprouts, sliced cabbage, and green onions; stir-fry 3 minutes or until vegetables wilt and udon noodles are thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:58.36, Glycemic Load:41.62, Inflammation Score:-6, Nutrition Score:18.988260922225%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 553.18kcal (27.66%), Fat: 10.09g (15.52%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 84.93g (28.31%), Net Carbohydrates: 76.26g (27.73%), Sugar: 14.24g (15.83%), Cholesterol: 84.49mg (28.16%), Sodium: 1829.92mg (79.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.89g (67.78%), Vitamin K: 113.61µg (108.2%), Fiber: 8.67g (34.68%), Selenium: 23.6µg (33.71%), Vitamin B1: 0.46mg (30.62%), Vitamin B6: 0.55mg (27.74%), Vitamin C: 22.28mg (27%), Vitamin B3: 5.26mg (26.28%), Phosphorus: 211.21mg (21.12%), Folate: 69.19µg (17.3%), Vitamin B2: 0.28mg (16.32%), Potassium: 471.59mg (13.47%), Manganese: 0.24mg (12.21%), Magnesium: 41.16mg (10.29%), Zinc: 1.48mg (9.85%), Vitamin A: 477.69IU (9.55%), Iron: 1.68mg (9.32%), Vitamin B5: 0.87mg (8.71%), Copper: 0.16mg (7.79%), Vitamin B12: 0.43µg (7.17%), Calcium: 60.1mg (6.01%), Vitamin E: 0.66mg (4.41%), Vitamin D: 0.48µg (3.18%)