



Malaysian Chinese Style Pasta

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



725 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 tablespoon chile sauce
- ☐ 1 eggs
- ☐ 0.3 cup green onions chopped
- ☐ 3.5 ounces ground pork
- ☐ 0.5 onion chopped
- ☐ 0.5 bell pepper red chopped
- ☐ 2 servings salt and pepper to taste
- ☐ 1 tablespoon soya sauce

- ☐ 8 ounce pasta like spaghetti
- ☐ 1 tablespoon tomato purée
- ☐ 1 tablespoon vegetable oil
- ☐ 2 servings sugar white to taste

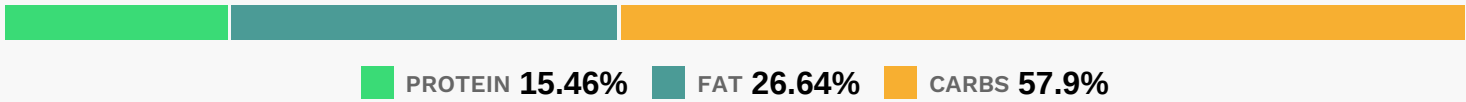
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a saucepan over medium heat, saute the onion in the oil until the onion is a bit brownish. Stir in the egg.
- ☐ Add the ground pork and stir-fry 2 to 3 minutes.
- ☐ Mix in the cooked pasta, salt, sugar, pepper, chile sauce, soy sauce and tomato puree. Stir-fry for 3 to 5 minutes.
- ☐ Add red pepper and stir-fry for another 2 minutes; pour in a bit of water if it is too dry.
- ☐ Sprinkle chopped green onion on top.

Nutrition Facts



Properties

Glycemic Index:109.05, Glycemic Load:43.61, Inflammation Score:-8, Nutrition Score:26.083043481993%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg

Nutrients (% of daily need)

Calories: 725.06kcal (36.25%), Fat: 21.32g (32.8%), Saturated Fat: 5.98g (37.38%), Carbohydrates: 104.27g (34.76%), Net Carbohydrates: 98.82g (35.94%), Sugar: 19.07g (21.19%), Cholesterol: 117.56mg (39.19%), Sodium: 977.81mg (42.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.84g (55.67%), Selenium: 91.07µg (130.1%), Manganese: 1.2mg (59.96%), Vitamin C: 43.66mg (52.92%), Vitamin K: 40.4µg (38.48%), Phosphorus: 379.94mg (37.99%), Vitamin B1: 0.52mg (34.46%), Vitamin B6: 0.54mg (27.19%), Vitamin B3: 4.96mg (24.79%), Vitamin A: 1219.72IU (24.39%), Fiber: 5.44g (21.77%), Magnesium: 86.43mg (21.61%), Zinc: 3.21mg (21.42%), Copper: 0.43mg (21.41%), Vitamin B2: 0.35mg (20.6%), Potassium: 617.53mg (17.64%), Iron: 3.03mg (16.84%), Folate: 62.64µg (15.66%), Vitamin B5: 1.36mg (13.64%), Vitamin E: 1.61mg (10.76%), Vitamin B12: 0.54µg (9.05%), Calcium: 63.97mg (6.4%), Vitamin D: 0.44µg (2.93%)