



Noodles with Roast Pork and Almond Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



402 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup almond butter
- 0.3 teaspoon pepper black
- 0.5 teaspoon canola oil
- 1.5 teaspoons sriracha
- 8 ounces fettuccine barilla uncooked
- 1 tablespoon ginger fresh minced peeled
- 0.3 cup mint leaves fresh finely chopped
- 1 cup green onions thinly sliced

- 0.5 pound pork tenderloin trimmed
- 2.5 tablespoons soya sauce low-sodium
- 2 tablespoons rice vinegar
- 0.5 teaspoon salt divided

Equipment

- bowl
- frying pan
- oven
- kitchen thermometer
- colander
- cutting board

Directions

- Preheat oven to 425
- Drizzle oil in an ovenproof skillet.
- Sprinkle pork with 1/8 teaspoon salt and pepper; place pork in pan.
- Bake at 425 for 10 minutes. Turn pork over, and bake an additional 10 minutes or until a thermometer registers 150
- Place pork on a cutting board; let stand 10 minutes. Shred pork into small pieces.
- Cook pasta according to package directions, omitting salt and fat.
- Drain pasta in a colander over a bowl, reserving 2 tablespoons pasta water; keep pasta warm.
- Combine almond butter, 2 tablespoons pasta water, remaining salt, soy sauce, vinegar, ginger, and chili garlic sauce. Divide pasta evenly among 4 bowls; top evenly with sauce, pork, onions, and mint.
- Wine note: With a hint of candied nut to complement the almond flavor in this recipe, Hardys Stamp of Australia Chardonnay 2008 (\$12)
- makes a great value pairing. Clean citrus and baking spice notes highlight the dish's pepper and ginger flavors. For the best value, grab the 3-liter box (\$12)
- Jeffery Lindenmuth

Nutrition Facts

PROTEIN 24.43% FAT 29.01% CARBS 46.56%

Properties

Glycemic Index:43.25, Glycemic Load:17.39, Inflammation Score:-7, Nutrition Score:24.683043609495%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 401.54kcal (20.08%), Fat: 13.05g (20.08%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 47.13g (15.71%), Net Carbohydrates: 42.49g (15.45%), Sugar: 2.75g (3.06%), Cholesterol: 84.48mg (28.16%), Sodium: 791.43mg (34.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.73g (49.46%), Selenium: 62.78µg (89.68%), Vitamin K: 52.6µg (50.09%), Manganese: 0.98mg (48.89%), Vitamin B1: 0.69mg (46%), Phosphorus: 385.77mg (38.58%), Vitamin B6: 0.62mg (30.92%), Vitamin E: 4.39mg (29.26%), Vitamin B3: 5.8mg (28.99%), Magnesium: 107.74mg (26.94%), Vitamin B2: 0.45mg (26.26%), Copper: 0.41mg (20.48%), Zinc: 2.9mg (19.34%), Fiber: 4.64g (18.57%), Potassium: 616.13mg (17.6%), Iron: 2.9mg (16.12%), Folate: 49.61µg (12.4%), Vitamin B5: 1.12mg (11.15%), Calcium: 108.5mg (10.85%), Vitamin A: 444.54IU (8.89%), Vitamin B12: 0.45µg (7.56%), Vitamin C: 5.98mg (7.25%), Vitamin D: 0.28µg (1.89%)