



 **37%**
HEALTH SCORE

Pancit Bihon (Filipino Pancit)

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 250 grams vermicelli for 20 minutes (bee hon)
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- 1 tablespoon cooking oil
- 0.3 cup bacon chopped
- 1 medium onion chopped
- 6 cloves garlic grated
- 20 pieces shrimp shelled cleaned
- 150 teaspoons boston butt pork shoulder sliced for 20 minutes in: 1 rice wine,a

- 150 teaspoons chicken breast sliced for 20 minutes in: 1 rice wine,a das
- 2.5 cups chicken broth
- 1 tablespoon soy sauce light
- 1 tablespoon soya sauce dark thick
- 1 tablespoon oyster sauce
- 2 teaspoons pepper white
- 1 teaspoon sugar
- 1 teaspoon sesame oil
- 0.5 cup mushrooms fresh
- 0.5 cup mushrooms fresh
- 0.5 cup carrots
- 0.5 cup peas sweet
- 1 cup cabbage cut into medium squares

Equipment

- sauce pan

Directions

- Heat a saucepan,put 1 tbsp oil and fry the bacon until brown.Set Aside
- Add 3 tbsp oil to the sauce pan and caramelized onion then add garlic
- Saute until aroma comes out then add the pork slices,cook stir frying for 10 minutes
- Add chicken and prawn,saute for 10 minutes.
- Then add in rice vermicelli,fried bacon,shitake mushroom,chicken broth,light soy sauce,thick and dark soy sauce,oyster sauce,ground pepper and sugar.
- Cook in medium heat for about 10 minutes
- Then add the veggies:carrot,cabbage and sweet peas.
- Cook for another 5 minutes or until the rice noodle is cook.
- Drizzle with sesame oil
- Serve hot with Lumpiang Shanghai and soy calamansi dipping.

Nutrition Facts

PROTEIN 33.2% FAT 22.38% CARBS 44.42%

Properties

Glycemic Index:78.71, Glycemic Load:41.71, Inflammation Score:-9, Nutrition Score:35.236086956522%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Taste

Sweetness: 20.26%, Saltiness: 100%, Sourness: 18.48%, Bitterness: 22.89%, Savoriness: 79.62%, Fattiness: 62.82%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 725.51kcal (36.28%), Fat: 17.53g (26.98%), Saturated Fat: 4.76g (29.74%), Carbohydrates: 78.33g (26.11%), Net Carbohydrates: 74.95g (27.25%), Sugar: 3.88g (4.31%), Cholesterol: 173.41mg (57.8%), Sodium: 1263.8mg (54.95%), Protein: 58.54g (117.08%), Selenium: 93.62µg (133.74%), Vitamin B3: 20.3mg (101.5%), Vitamin B1: 1.32mg (87.91%), Vitamin B6: 1.61mg (80.53%), Phosphorus: 717.61mg (71.76%), Vitamin B2: 0.71mg (41.54%), Zinc: 5.84mg (38.93%), Vitamin A: 1934.54IU (38.69%), Manganese: 0.72mg (36.02%), Potassium: 1139mg (32.54%), Vitamin B5: 3.24mg (32.42%), Vitamin B12: 1.37µg (22.85%), Magnesium: 85.33mg (21.33%), Iron: 3.35mg (18.62%), Copper: 0.36mg (18.22%), Vitamin C: 14.97mg (18.14%), Vitamin K: 15.4µg (14.66%), Fiber: 3.38g (13.52%), Folate: 36.38µg (9.09%), Calcium: 70.25mg (7.02%), Vitamin E: 0.82mg (5.48%), Vitamin D: 0.17µg (1.16%)