



Pork and Peanut Noodle Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup carrots finely chopped
- ☐ 0.3 cup celery finely chopped
- ☐ 0.3 cup creamy peanut butter
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup green onions chopped
- ☐ 0.3 cup hoisin sauce
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 2 tablespoons rice vinegar
- ☐ 1 cup simply roasted pork cubed () (6 ounces)
- ☐ 4 ounces soba noodles uncooked (buckwheat)
- ☐ 2 teaspoons sriracha such as huy fong) hot

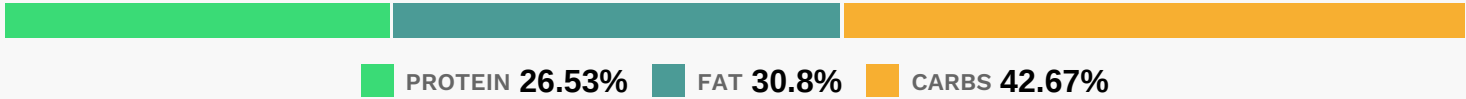
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Combine peanut butter and next 6 ingredients (through crushed red pepper) in a large bowl, stirring with a whisk.
- ☐ Add noodles, Simply Roasted Pork, and remaining ingredients, tossing gently to coat. Chill.

Nutrition Facts



Properties

Glycemic Index:56.83, Glycemic Load:12.24, Inflammation Score:-9, Nutrition Score:18.495217577271%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 325.31kcal (16.27%), Fat: 11.54g (17.76%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 33.72g (12.26%), Sugar: 7.73g (8.59%), Cholesterol: 37.78mg (12.59%), Sodium: 820.12mg (35.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.37g (44.75%), Vitamin A: 2880.46IU (57.61%), Manganese: 0.73mg (36.38%), Vitamin B3: 6.98mg (34.9%), Vitamin B6: 0.65mg (32.39%), Vitamin B1: 0.44mg (29.65%),

Vitamin K: 30.81µg (29.35%), Phosphorus: 287.13mg (28.71%), Selenium: 17.57µg (25.1%), Magnesium: 82.76mg (20.69%), Potassium: 539.96mg (15.43%), Vitamin B2: 0.25mg (14.89%), Zinc: 2.16mg (14.39%), Folate: 51.57µg (12.89%), Vitamin E: 1.87mg (12.49%), Copper: 0.22mg (10.8%), Iron: 1.88mg (10.45%), Vitamin B5: 0.99mg (9.93%), Fiber: 2.27g (9.08%), Vitamin C: 7.37mg (8.93%), Vitamin B12: 0.3µg (5.03%), Calcium: 47.23mg (4.72%), Vitamin D: 0.24µg (1.58%)