



Pork-and-Rice Noodle Salad with Lemon-Coconut Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



463 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons ginger fresh divided grated peeled
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 jalapeno minced
- ☐ 0.8 pound pork tenderloin trimmed
- ☐ 0.7 cup juice of lemon fresh (4 lemons)
- ☐ 1.5 cups coconut milk light

- ☐ 0.3 cup peanuts chopped
- ☐ 8 ounce rice sticks uncooked (rice-flour noodles)
- ☐ 1 teaspoon salt divided
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook rice sticks according to package directions, omitting salt and fat.
- ☐ Drain and rinse with cold water, and drain well.
- ☐ Place cooked noodles in a large bowl.
- ☐ Slice pork lengthwise, cutting to, but not through, other side. Open halves, laying pork flat, and rub with 1 tablespoon ginger, 1/4 teaspoon salt, and garlic.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add pork; saut for 7 minutes on each side or until done. Cool slightly. Coarsely chop pork; add to noodles in bowl.
- ☐ Combine the coconut milk, juice, and sugar in a small saucepan, and bring to a boil. Reduce heat, and simmer until reduced to 1 1/2 cups (about 10 minutes). Stir in 1 tablespoon ginger and 3/4 teaspoon salt.
- ☐ Remove from heat; cool.
- ☐ Add the coconut dressing, jalapeo, mint, and peanuts to noodles; toss well to combine. Chill until ready to serve.
- ☐ Note: To keep the peanuts fresh, toss them with the salad just before serving. Seed the jalapeo for a milder salad.

Nutrition Facts



Properties

Glycemic Index:55.63, Glycemic Load:31.75, Inflammation Score:-5, Nutrition Score:19.680869418642%

Flavonoids

Eriodictyol: 2.85mg, Eriodictyol: 2.85mg, Eriodictyol: 2.85mg, Eriodictyol: 2.85mg Hesperetin: 6.17mg, Hesperetin: 6.17mg, Hesperetin: 6.17mg, Hesperetin: 6.17mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 463.06kcal (23.15%), Fat: 13.05g (20.08%), Saturated Fat: 6.59g (41.21%), Carbohydrates: 59.57g (19.86%), Net Carbohydrates: 57.44g (20.89%), Sugar: 7.29g (8.1%), Cholesterol: 55.28mg (18.43%), Sodium: 695.81mg (30.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.64g (49.28%), Vitamin B1: 0.97mg (64.39%), Selenium: 35.64µg (50.91%), Manganese: 0.93mg (46.71%), Vitamin B6: 0.84mg (41.87%), Vitamin B3: 8.21mg (41.03%), Phosphorus: 319.23mg (31.92%), Vitamin C: 21.19mg (25.69%), Vitamin B2: 0.35mg (20.6%), Zinc: 2.5mg (16.65%), Potassium: 556.78mg (15.91%), Copper: 0.31mg (15.59%), Vitamin B5: 1.54mg (15.41%), Magnesium: 61.22mg (15.3%), Iron: 1.87mg (10.39%), Folate: 39.13µg (9.78%), Fiber: 2.13g (8.54%), Vitamin B12: 0.43µg (7.23%), Calcium: 41.83mg (4.18%), Vitamin E: 0.54mg (3.58%), Vitamin A: 159.71IU (3.19%), Vitamin K: 2.79µg (2.66%), Vitamin D: 0.17µg (1.13%)