



 **52%**
HEALTH SCORE

Pork-and-Soba Noodle Bowl

READY IN



35 min.

SERVINGS



8

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups double-duty marinade
- 8 servings toppings: peanuts fresh red thinly sliced chopped
- 1 1 cooked zesty pork loin cooked cut into strips
- 12 oz stir-fry vegetables fresh
- 2 teaspoons salt
- 1 tablespoon sesame oil
- 12 ounces soba noodles (buckwheat)

Equipment

dutch oven

Directions

- Cook noodles with 2 tsp. salt in a large Dutch oven according to package directions. Stir vegetables into noodles during the last 3 minutes of cooking time; drain.
- Cook pork strips, marinade, and sesame oil in Dutch oven over medium-high heat 5 minutes or until thoroughly heated. Stir in noodle mixture, tossing to coat.
- Serve immediately with desired toppings.
- *1 (10-oz.) package Chinese noodles or 1 (75-oz.) package whole wheat thin spaghetti may be substituted.
- Note: For testing purposes only, we used Eat Smart Vegetable Stir-Fry.

Nutrition Facts

PROTEIN 41.45% **FAT 35.75%** **CARBS 22.8%**

Properties

Glycemic Index:16.19, Glycemic Load:18.47, Inflammation Score:-9, Nutrition Score:35.992173676905%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 674.2kcal (33.71%), Fat: 26.84g (41.29%), Saturated Fat: 12.33g (77.03%), Carbohydrates: 38.52g (12.84%), Net Carbohydrates: 36.81g (13.39%), Sugar: 1.09g (1.21%), Cholesterol: 214.88mg (71.63%), Sodium: 1082.68mg (47.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.02g (140.04%), Vitamin B6: 2.23mg (111.38%), Selenium: 77.29µg (110.41%), Vitamin B1: 1.48mg (98.6%), Vitamin B3: 17.69mg (88.43%), Phosphorus: 772.06mg (77.21%), Vitamin A: 2712.79IU (54.26%), Vitamin B2: 0.67mg (39.68%), Zinc: 5.95mg (39.66%), Potassium: 1259.44mg (35.98%), Manganese: 0.67mg (33.71%), Magnesium: 124.59mg (31.15%), Vitamin B5: 2.61mg (26.14%), Vitamin B12: 1.46µg (24.31%), Iron: 3.08mg (17.1%), Copper: 0.3mg (15.06%), Vitamin D: 1.69µg (11.28%), Folate: 39.4µg (9.85%), Fiber: 1.7g (6.82%), Calcium: 64.2mg (6.42%), Vitamin C: 4.67mg (5.66%), Vitamin E: 0.73mg (4.84%), Vitamin K: 1.74µg (1.66%)