



## Pork Lo Mein

 Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 cup celery chopped ( 2 ribs)
- 1 cup mushrooms fresh chopped
- 8 ounces lo mein noodles uncooked thin
- 1 small onion sliced
- 0.3 teaspoon pepper
- 1 lb pork loin chops boneless cut into 1/4-inch strips
- 0.3 cup soya sauce
- 1 tablespoon vegetable oil

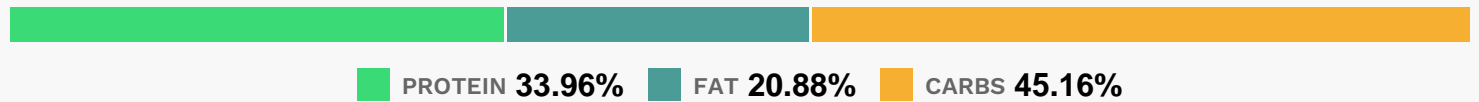
## Equipment

- frying pan
- wok

## Directions

- Prepare noodles according to package directions.
- Drain well; keep warm.
- Heat oil in a large skillet or wok over medium-high heat 2 minutes.
- Add pork, and stir-fry 5 minutes or until done.
- Remove from skillet.
- Add onion, mushrooms, and celery to skillet; stir-fry 4 minutes. Stir in soy sauce. Return pork to skillet; stir-fry 1 minute. Stir in cooked pasta and pepper, tossing to coat.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:0.77, Inflammation Score:-3, Nutrition Score:15.446086842081%

## Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

## Nutrients (% of daily need)

Calories: 398.95kcal (19.95%), Fat: 9.17g (14.1%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 44.63g (14.88%), Net Carbohydrates: 42.59g (15.49%), Sugar: 1.8g (2%), Cholesterol: 71.44mg (23.81%), Sodium: 1324.72mg (57.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.56g (67.11%), Selenium: 33.97µg (48.52%), Vitamin B6: 0.96mg (47.76%), Vitamin B3: 8.23mg (41.14%), Vitamin B1: 0.55mg (36.36%), Phosphorus: 310.74mg (31.07%), Vitamin B2: 0.35mg (20.8%), Potassium: 617.86mg (17.65%), Zinc: 2.31mg (15.37%), Vitamin B5: 1.35mg (13.47%),

Vitamin K: 12.08µg (11.5%), Magnesium: 43.42mg (10.86%), Vitamin B12: 0.59µg (9.8%), Copper: 0.18mg (9.17%), Manganese: 0.17mg (8.69%), Fiber: 2.04g (8.14%), Iron: 1.28mg (7.11%), Folate: 17.72µg (4.43%), Vitamin D: 0.5µg (3.34%), Vitamin E: 0.48mg (3.23%), Vitamin C: 2.39mg (2.89%), Calcium: 22.41mg (2.24%), Vitamin A: 86.06IU (1.72%)