



Pork Lo Mein

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 teaspoon ginger fresh chopped to taste
- ☐ 2 cloves garlic chopped
- ☐ 3 green onions sliced
- ☐ 8 ounce pasta
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 12 ounce pork tenderloin cut into thin strips

- ☐ 1 bell pepper red chopped
- ☐ 2 tablespoons rice vinegar
- ☐ 0.5 teaspoon sesame oil
- ☐ 2 cups snap peas
- ☐ 1 small onion sweet chopped
- ☐ 8 ounce mushrooms white sliced
- ☐ 1 teaspoon sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil; cook the linguine at a boil until tender yet firm to the bite, 8 to 9 minutes; drain.
- ☐ Whisk soy sauce, vinegar, cornstarch, sugar, and sesame oil together in a small bowl.
- ☐ Heat canola oil in a large skillet over medium-high heat; cook and stir snap peas and onion in the hot oil until onion is softened, about 2 minutes.
- ☐ Add pork, mushrooms, red bell pepper, 1 clove garlic, and ginger; cook until pork is no longer pink, about 2 minutes.
- ☐ Mix 2 cloves garlic into the pork mixture; cook for 1 minute.
- ☐ Pour soy sauce mixture over pork mixture; cook and stir until sauce thickens, about 1 minute.
- ☐ Remove skillet from heat.
- ☐ Add linguine to the mixture; toss to coat.
- ☐ Sprinkle with green onions.

Nutrition Facts



 PROTEIN **26.41%**  FAT **22.64%**  CARBS **50.95%**

Properties

Glycemic Index:75.77, Glycemic Load:18.79, Inflammation Score:-9, Nutrition Score:34.166087399358%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 13.07mg, Quercetin: 13.07mg, Quercetin: 13.07mg, Quercetin: 13.07mg

Nutrients (% of daily need)

Calories: 472.51kcal (23.63%), Fat: 11.9g (18.31%), Saturated Fat: 1.82g (11.41%), Carbohydrates: 60.23g (20.08%), Net Carbohydrates: 54.77g (19.92%), Sugar: 11.34g (12.6%), Cholesterol: 55.28mg (18.43%), Sodium: 827.22mg (35.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.23g (62.45%), Selenium: 68.11µg (97.3%), Vitamin C: 74.82mg (90.69%), Vitamin B1: 1.07mg (71.48%), Vitamin B6: 1.12mg (56.06%), Vitamin B3: 9.63mg (48.15%), Phosphorus: 460.07mg (46.01%), Manganese: 0.91mg (45.47%), Vitamin B2: 0.69mg (40.57%), Vitamin K: 37.73µg (35.93%), Vitamin A: 1556.5IU (31.13%), Potassium: 1007.13mg (28.78%), Copper: 0.53mg (26.7%), Magnesium: 97.95mg (24.49%), Vitamin B5: 2.43mg (24.32%), Folate: 88.32µg (22.08%), Fiber: 5.45g (21.81%), Zinc: 3.22mg (21.48%), Iron: 3.66mg (20.35%), Vitamin E: 2.3mg (15.36%), Vitamin B12: 0.46µg (7.75%), Calcium: 74.53mg (7.45%), Vitamin D: 0.37µg (2.46%)