



Pork Lo Mein

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb pork loin boneless
- 2 cups snow peas fresh
- 1 cup baby carrots cut lengthwise into 1/4-inch sticks
- 0.5 package pasta refrigerated cut into 2-inch pieces (9-oz size)
- 0.3 cup chicken broth (from 32-oz carton)
- 1 tablespoon soya sauce
- 2 teaspoons cornstarch
- 1 teaspoon sugar

- 2 teaspoons ginger finely chopped
- 2 cloves garlic finely chopped
- 2 teaspoons vegetable oil
- 0.5 cup onion red thinly sliced
- 1 serving sesame seed toasted

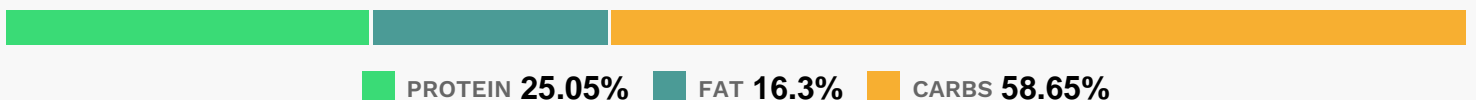
Equipment

- bowl
- frying pan
- sauce pan
- wok

Directions

- Trim fat from pork.
- Cut pork with grain into 2x1-inch strips; cut strips across grain into 1/8-inch slices (pork is easier to cut if partially frozen, about 1 1/2 hours).
- Remove strings from pea pods.
- In 3-quart saucepan, heat 2 quarts water to boiling.
- Add pea pods, carrots and linguine; heat to boiling. Boil 2 to 3 minutes or just until linguine is tender; drain.
- In small bowl, mix broth, soy sauce, cornstarch, sugar, gingerroot and garlic.
- In 12-inch nonstick skillet or wok, heat oil over medium-high heat.
- Add pork and onion; stir-fry about 2 minutes or until pork is no longer pink. Stir broth mixture; stir into pork mixture. Stir in pea pods, carrots and linguine. Cook 2 minutes, stirring occasionally.
- Sprinkle with sesame seed.

Nutrition Facts



Properties

Glycemic Index:39.02, Glycemic Load:12.18, Inflammation Score:-9, Nutrition Score:15.858260807784%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 246.15kcal (12.31%), Fat: 4.41g (6.79%), Saturated Fat: 0.92g (5.78%), Carbohydrates: 35.73g (11.91%), Net Carbohydrates: 32.61g (11.86%), Sugar: 4.69g (5.21%), Cholesterol: 24.07mg (8.02%), Sodium: 255.74mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.26g (30.53%), Vitamin A: 3297.69IU (65.95%), Selenium: 35.36µg (50.52%), Manganese: 0.55mg (27.4%), Vitamin C: 21.49mg (26.04%), Vitamin B6: 0.46mg (22.97%), Phosphorus: 197.73mg (19.77%), Vitamin B1: 0.28mg (18.66%), Vitamin B3: 3.36mg (16.79%), Fiber: 3.12g (12.47%), Vitamin K: 13.04µg (12.42%), Copper: 0.25mg (12.4%), Magnesium: 47.58mg (11.89%), Potassium: 382.11mg (10.92%), Iron: 1.89mg (10.49%), Zinc: 1.5mg (9.97%), Vitamin B2: 0.15mg (8.68%), Vitamin B5: 0.81mg (8.11%), Folate: 30.7µg (7.68%), Calcium: 49.76mg (4.98%), Vitamin B12: 0.2µg (3.26%), Vitamin E: 0.35mg (2.36%), Vitamin D: 0.15µg (1.01%)