



Pork Lo Mein

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots thinly sliced
- 1 garlic clove minced
- 1 pound ground pork
- 1 cup onion chopped
- 1 cup peas frozen
- 6 ounce japanese ramen noodles
- 6 cups the of 1 cos lettuce shredded
- 1.5 cups water

Equipment

frying pan

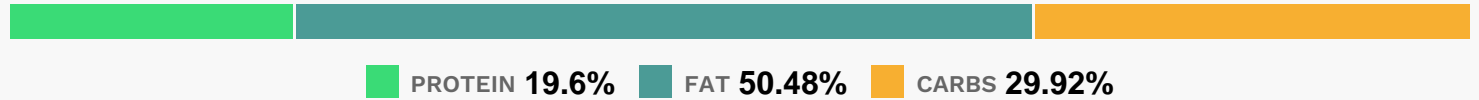
Directions

In a large skillet coated with cooking spray, cook pork, carrots, onion and garlic over medium heat until pork is no longer pink; drain.

Break noodles into skillet, stir in seasoning packets. Stir in water and peas. Bring to a boil; reduce heat and simmer for about 6–8 minutes or until noodles and vegetables are tender, stirring several times.

Add romaine; heat and stir until wilted.

Nutrition Facts



Properties

Glycemic Index:48.79, Glycemic Load:15.52, Inflammation Score:-10, Nutrition Score:32.011739130435%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg

Nutrients (% of daily need)

Calories: 555.23kcal (27.76%), Fat: 31.15g (47.93%), Saturated Fat: 12.22g (76.36%), Carbohydrates: 41.56g (13.85%), Net Carbohydrates: 35.44g (12.89%), Sugar: 6.78g (7.54%), Cholesterol: 81.65mg (27.22%), Sodium: 964.99mg (41.96%), Protein: 27.22g (54.43%), Vitamin A: 11777.69IU (235.55%), Vitamin B1: 1.46mg (97.06%), Vitamin K: 88.07µg (83.88%), Selenium: 33.42µg (47.74%), Folate: 186.87µg (46.72%), Vitamin B3: 8mg (40%), Vitamin B6: 0.69mg (34.31%), Phosphorus: 333.3mg (33.33%), Manganese: 0.59mg (29.65%), Vitamin B2: 0.5mg (29.52%), Vitamin C: 23.32mg (28.27%), Fiber: 6.12g (24.47%), Zinc: 3.63mg (24.2%), Potassium: 827.96mg (23.66%), Iron: 4.11mg (22.85%), Magnesium: 62.07mg (15.52%), Vitamin B12: 0.9µg (15%), Copper: 0.27mg (13.45%), Vitamin B5: 1.15mg (11.54%), Calcium: 84.31mg (8.43%), Vitamin E: 1mg (6.67%)