



Pork Lo Mein



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups cabbage thinly sliced (from)
- ☐ 2 teaspoons canola oil
- ☐ 1 medium carrots grated
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup chicken broth low-sodium
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 2 center-cut pork chops boneless lean cut into thin strips
- ☐ 2 tablespoons rice vinegar

- ☐ 6 servings salt and pepper
- ☐ 2 scallions thinly sliced
- ☐ 3 oz snow peas halved
- ☐ 12 ounces soba noodles whole-wheat
- ☐ 2 teaspoons sugar

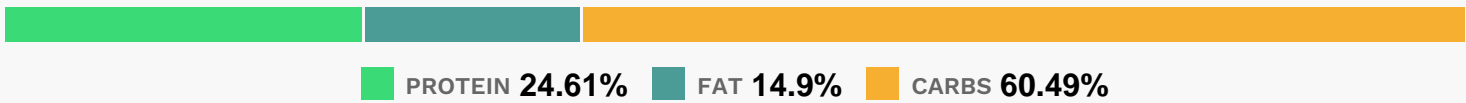
Equipment

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

Directions

- ☐ Bring a large pot of water to boil. Cook soba noodles until tender, about 5 minutes, or as package label directs (spaghetti will take longer, about 10 minutes).
- ☐ Drain.
- ☐ In a large bowl, whisk soy sauce, cornstarch, sugar, vinegar and broth.
- ☐ Add pork and toss to coat. Set aside to marinate for 10 minutes at room temperature.
- ☐ Warm oil in a large nonstick wok or skillet over medium-high heat.
- ☐ Add pork and marinade; stir-fry until meat is no longer pink, about 3 minutes.
- ☐ Add cabbage and stir-fry until just wilted, about 2 minutes. Stir in carrot and snow peas; cook, stirring vigorously, until snow peas are slightly softened yet firm, about 2 minutes. Stir in noodles and toss to coat with sauce and warm through, about 1 minute. Season with salt and pepper. Divide mixture among 6 bowls, sprinkle with scallions and serve.

Nutrition Facts



Properties

Glycemic Index:40.49, Glycemic Load:1.99, Inflammation Score:-9, Nutrition Score:25.738695486732%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 324.92kcal (16.25%), Fat: 5.61g (8.63%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 51.2g (17.07%), Net Carbohydrates: 49.19g (17.89%), Sugar: 4.07g (4.52%), Cholesterol: 29.93mg (9.98%), Sodium: 630.93mg (27.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.67%), Manganese: 1.91mg (95.74%), Selenium: 56.57µg (80.82%), Vitamin K: 49.58µg (47.22%), Vitamin B1: 0.64mg (42.5%), Vitamin A: 1939.92IU (38.8%), Vitamin B3: 7.45mg (37.26%), Vitamin C: 26.94mg (32.65%), Phosphorus: 301.74mg (30.17%), Vitamin B6: 0.57mg (28.43%), Magnesium: 111.54mg (27.88%), Iron: 3.12mg (17.34%), Folate: 67.51µg (16.88%), Copper: 0.34mg (16.84%), Zinc: 2.32mg (15.49%), Potassium: 511.21mg (14.61%), Vitamin B2: 0.24mg (14.14%), Vitamin B5: 1.15mg (11.53%), Fiber: 2.01g (8.04%), Calcium: 62.04mg (6.2%), Vitamin B12: 0.28µg (4.6%), Vitamin E: 0.55mg (3.66%), Vitamin D: 0.18µg (1.19%)