



Pork Noodle Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup julienne-cut carrots
- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 0.3 cup dry-roasted peanuts chopped
- ☐ 1 tablespoon fish sauce
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 0.5 cup green onions thinly sliced
- ☐ 1 teaspoon bottled ground ginger fresh

- ☐ 2 tablespoons hoisin sauce
- ☐ 3 tablespoons mirin
- ☐ 16 ounce center-cut pork loin chops boneless
- ☐ 0.8 cup bell pepper red thinly sliced (1 small pepper)
- ☐ 6 ounces vermicelli uncooked
- ☐ 0.3 cup rice vinegar
- ☐ 1 teaspoon rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons water

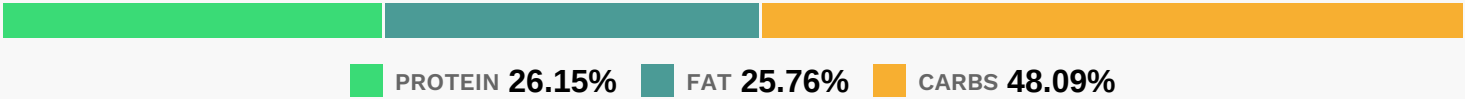
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Cook noodles according to package directions.
- ☐ Drain and rinse under cold water; drain.
- ☐ Place noodles in a large bowl.
- ☐ Add 1/4 cup vinegar and next 4 ingredients (through fish sauce); toss well. Top with carrots, bell pepper, green onions, basil, and peanuts.
- ☐ Combine hoisin and next 3 ingredients (through garlic).
- ☐ Sprinkle pork evenly with salt and black pepper; place on a broiler pan coated with cooking spray.
- ☐ Brush half of hoisin mixture over pork; broil 3 minutes. Turn pork over.
- ☐ Brush remaining hoisin mixture over pork; broil 3 minutes or until done.
- ☐ Serve pork thinly sliced over salad.

Nutrition Facts



Properties

Glycemic Index:106.02, Glycemic Load:22.85, Inflammation Score:-10, Nutrition Score:28.193043314892%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 461.64kcal (23.08%), Fat: 13.05g (20.08%), Saturated Fat: 3.62g (22.63%), Carbohydrates: 54.82g (18.27%), Net Carbohydrates: 51.14g (18.59%), Sugar: 11.37g (12.63%), Cholesterol: 76.22mg (25.41%), Sodium: 926.23mg (40.27%), Alcohol: 1.27g (100%), Alcohol %: 0.55% (100%), Protein: 29.81g (59.63%), Vitamin A: 5523.75IU (110.48%), Selenium: 46.07µg (65.81%), Vitamin B3: 11.3mg (56.5%), Vitamin B1: 0.83mg (55.54%), Vitamin B6: 1.01mg (50.62%), Vitamin C: 39.56mg (47.95%), Manganese: 0.78mg (39.14%), Phosphorus: 384.56mg (38.46%), Vitamin K: 38.71µg (36.87%), Potassium: 714.58mg (20.42%), Magnesium: 71.63mg (17.91%), Vitamin B2: 0.29mg (17.28%), Zinc: 2.51mg (16.72%), Fiber: 3.69g (14.75%), Vitamin B5: 1.22mg (12.21%), Folate: 47.85µg (11.96%), Copper: 0.23mg (11.6%), Iron: 1.97mg (10.92%), Vitamin B12: 0.62µg (10.38%), Calcium: 57.3mg (5.73%), Vitamin E: 0.7mg (4.65%), Vitamin D: 0.45µg (3.02%)