



Pork & noodle stir-fry

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



495 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 200 g vermicelli thin
- ☐ 400 g ground pork lean minced
- ☐ 1 bunch spring onion sliced into chunks
- ☐ 2 carrots cut into matchsticks
- ☐ 5 tbsp soya sauce
- ☐ 1.5 tbsp sugar
- ☐ 3 tbsp rice vinegar
- ☐ 1 juice of lime

☐ 1 handful mint leaves roughly chopped

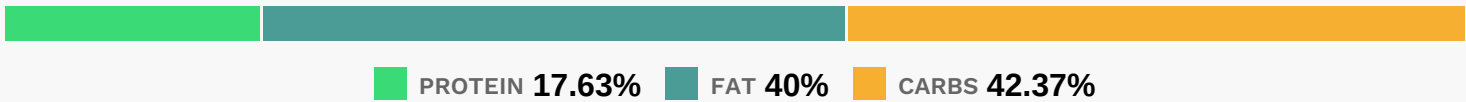
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon
- ☐ wok

Directions

- ☐ Put the rice noodles in a bowl and pour over enough boiling water to cover, wrap with cling film and soak for 10 mins. Meanwhile, heat a large wok or frying pan and crumble in the mince. Dry fry with some seasoning, breaking it up with a fork or wooden spoon for 7-10 mins until browned. Throw in the spring onions and carrots and cook for 2 mins more.
- ☐ Mix the soy sauce, sugar, vinegar and lime juice.
- ☐ Drain the noodles, add to the pan and heat through.
- ☐ Pour in the dressing, top with the herbs and serve.

Nutrition Facts



Properties

Glycemic Index:67.98, Glycemic Load:28.04, Inflammation Score:-10, Nutrition Score:19.376521706581%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 494.84kcal (24.74%), Fat: 21.61g (33.24%), Saturated Fat: 7.96g (49.77%), Carbohydrates: 51.5g (17.17%), Net Carbohydrates: 49.4g (17.96%), Sugar: 6.59g (7.32%), Cholesterol: 72mg (24%), Sodium: 1426.58mg (62.03%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.85%), Vitamin A: 5208.38IU (104.17%), Vitamin B1: 0.79mg (52.46%), Selenium: 32.49µg (46.41%), Phosphorus: 295.87mg (29.59%), Vitamin B3: 5.7mg (28.48%), Vitamin B6: 0.49mg (24.27%), Manganese: 0.44mg (22.2%), Zinc: 2.78mg (18.55%), Vitamin B2: 0.3mg (17.93%), Vitamin K: 16.49µg (15.71%), Potassium: 478.64mg (13.68%), Vitamin B12: 0.7µg (11.67%), Iron: 2.01mg (11.16%), Magnesium: 40.37mg (10.09%), Vitamin B5: 0.88mg (8.78%), Fiber: 2.1g (8.4%), Vitamin C: 6.2mg (7.51%), Copper: 0.14mg (6.97%), Folate: 22.08µg (5.52%), Calcium: 46.08mg (4.61%), Vitamin E: 0.25mg (1.67%)