



Pork Pad Thai

 Dairy Free

READY IN



41 min.

SERVINGS



8

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bean sprouts
- ☐ 2 tablespoons canola oil
- ☐ 2 cups matchstick carrots
- ☐ 1 lb rice noodles cooked
- ☐ 0.5 cup dry-roasted usa-grown peanuts finely chopped
- ☐ 3 large eggs lightly beaten
- ☐ 1 bunch green onions cut into 2-inch pieces
- ☐ 1.5 pounds pork tenderloin trimmed

☐ 8 servings spicy peanut butter sauce

Equipment

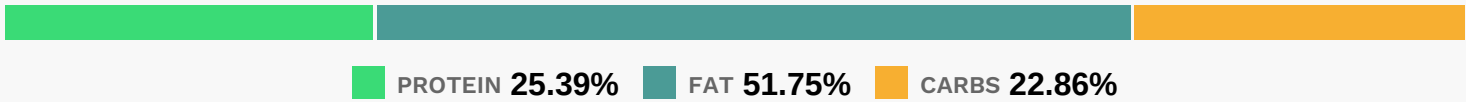
☐ bowl

☐ wok

Directions

- ☐ Cut pork into very thin pieces.
- ☐ Stir-fry pork in hot oil in a large wok over medium heat 5 to 8 minutes or until done.
- ☐ Place pork in a bowl.
- ☐ Add eggs to wok, and cook, stirring constantly, 1 minute or until set.
- ☐ Add pork and green onions to wok, and saut 1 to 2 minutes. Stir in Spicy Peanut Butter Sauce and hot cooked noodles.
- ☐ Divide pork mixture evenly between 8 plates.
- ☐ Place 1/4 cup carrots onto left side of each plate and 1/4 cup bean sprouts onto right side of each plate.
- ☐ Sprinkle each serving with 1 Tbsp. chopped peanuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:8.69, Inflammation Score:-10, Nutrition Score:29.097826045492%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 480.21kcal (24.01%), Fat: 28.38g (43.67%), Saturated Fat: 5.43g (33.94%), Carbohydrates: 28.22g (9.41%), Net Carbohydrates: 23.88g (8.68%), Sugar: 6.55g (7.28%), Cholesterol: 125.03mg (41.68%), Sodium: 282.31mg

(12.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.33g (62.65%), Vitamin A: 5482.54IU (109.65%), Vitamin B1: 0.97mg (64.63%), Vitamin B3: 11.87mg (59.35%), Selenium: 36.89µg (52.7%), Vitamin B6: 0.95mg (47.54%), Phosphorus: 427.4mg (42.74%), Manganese: 0.85mg (42.32%), Vitamin E: 4.63mg (30.85%), Vitamin B2: 0.51mg (30.09%), Magnesium: 107.58mg (26.9%), Zinc: 3.26mg (21.72%), Potassium: 756.82mg (21.62%), Vitamin K: 21.66µg (20.63%), Folate: 70.99µg (17.75%), Fiber: 4.33g (17.33%), Copper: 0.35mg (17.28%), Vitamin B5: 1.67mg (16.72%), Iron: 2.32mg (12.89%), Vitamin B12: 0.6µg (10.01%), Vitamin C: 5.88mg (7.13%), Calcium: 54.24mg (5.42%), Vitamin D: 0.55µg (3.63%)