

Pork-Pepper Skillet

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce beef broth canned
- 1 tablespoon chili-garlic paste
- 4 servings soba noodles hot cooked
- 2 tablespoons cornstarch
- 1 bell pepper green sliced
- 4 servings garnish: green onion fan
- 1 bunch green onions cut into 2-inch pieces
- 0.8 pound breakfast pork chops cut into thin strips

- 1 bell pepper red sliced
- 4 servings try build-a-meal

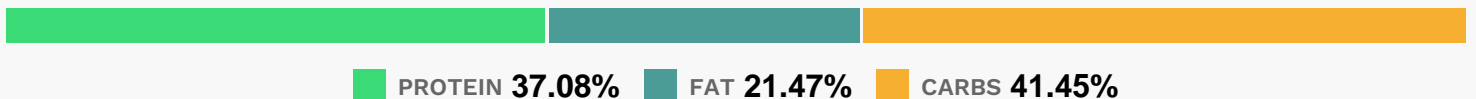
Equipment

- frying pan

Directions

- Coat a large skillet with cooking spray 2 seconds; heat over medium heat.
- Add sliced bell pepper and green onions, and saut 3 to 4 minutes.
- Remove skillet from heat, and remove mixture from skillet; set mixture aside.Coat pork evenly with cooking spray 5 seconds; toss with cornstarch.Coat skillet with cooking spray 2 seconds; heat over medium heat.
- Add pork, in batches, and saut 3 to 4 minutes or until browned.
- Add bell pepper mixture, broth, and chili-garlic paste. Bring to a boil; reduce heat, and simmer 8 to 10 minutes.
- Serve over noodles, and sprinkle with sesame seeds, if desired.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.99, Inflammation Score:-8, Nutrition Score:20.540869702464%

Flavonoids

Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 264.76kcal (13.24%), Fat: 6.42g (9.88%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 26.12g (9.5%), Sugar: 2.29g (2.55%), Cholesterol: 56.98mg (18.99%), Sodium: 479.13mg (20.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.96g (49.92%), Vitamin C: 65.43mg (79.3%), Vitamin B1:

0.7mg (46.62%), Vitamin B6: 0.87mg (43.64%), Selenium: 30.13µg (43.04%), Vitamin B3: 8.61mg (43.04%), Manganese: 0.55mg (27.74%), Vitamin K: 28.62µg (27.26%), Phosphorus: 257.52mg (25.75%), Vitamin A: 1165.04IU (23.3%), Potassium: 572.89mg (16.37%), Vitamin B2: 0.25mg (14.79%), Zinc: 1.68mg (11.21%), Magnesium: 44.3mg (11.08%), Vitamin B5: 1.01mg (10.09%), Vitamin B12: 0.52µg (8.71%), Iron: 1.56mg (8.67%), Folate: 32.61µg (8.15%), Fiber: 1.78g (7.13%), Copper: 0.11mg (5.46%), Vitamin E: 0.77mg (5.16%), Calcium: 36.64mg (3.66%), Vitamin D: 0.34µg (2.27%)