



Pork Strips with Peanut Sauce and Rice Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon bottled garlic minced
- 1 teaspoon chile paste with garlic (such as sambal oelek)
- 0.5 teaspoon cornstarch
- 0.5 cup green onions thinly sliced
- 1 teaspoon bottled ground ginger fresh (such as Spice World)
- 1 teaspoon honey
- 2 teaspoons juice of lime fresh

- 2 tablespoons soya sauce low-sodium
- 0.3 cup peanut butter reduced-fat
- 16 ounce loin pork chops boneless trimmed cut into 1/2-inch strips
- 2 cups bell pepper red seeded thinly sliced
- 6 ounce rice noodles
- 2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 0.5 cup water boiling

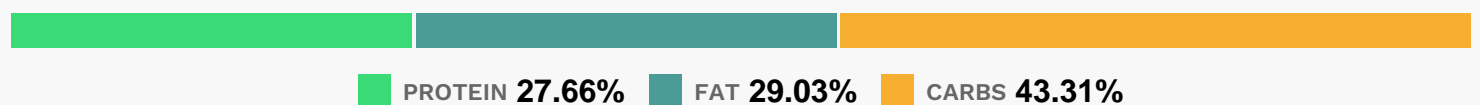
Equipment

- bowl
- frying pan
- whisk

Directions

- Combine first 11 ingredients in a bowl, stirring with a whisk; set aside.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add pork and pepper; cook 6 minutes or until pork is done.
- Add peanut butter mixture to pan, stirring well to coat pork; bring to a boil. Reduce heat, and simmer 1 minute.
- Cook rice noodles according to package directions, omitting salt and fat; drain.
- Add noodles to the pork mixture, tossing gently.
- Sprinkle with sliced green onions.
- Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:63.57, Glycemic Load:22.13, Inflammation Score:-9, Nutrition Score:29.720434686412%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 464.35kcal (23.22%), Fat: 14.89g (22.92%), Saturated Fat: 3.98g (24.87%), Carbohydrates: 50.01g (16.67%), Net Carbohydrates: 46.43g (16.88%), Sugar: 6.58g (7.31%), Cholesterol: 75.98mg (25.33%), Sodium: 514.26mg (22.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.94g (63.88%), Vitamin C: 99.06mg (120.08%), Selenium: 45.89µg (65.56%), Vitamin B3: 12.48mg (62.38%), Vitamin B1: 0.87mg (57.86%), Vitamin B6: 1.14mg (56.94%), Vitamin A: 2465.76IU (49.32%), Phosphorus: 422.29mg (42.23%), Manganese: 0.79mg (39.43%), Vitamin K: 29.81µg (28.39%), Potassium: 783.7mg (22.39%), Magnesium: 81.11mg (20.28%), Vitamin E: 2.91mg (19.38%), Zinc: 2.87mg (19.11%), Vitamin B2: 0.32mg (19.02%), Fiber: 3.58g (14.33%), Folate: 57.25µg (14.31%), Vitamin B5: 1.3mg (13.03%), Copper: 0.23mg (11.58%), Iron: 1.93mg (10.71%), Vitamin B12: 0.6µg (10.02%), Calcium: 42.76mg (4.28%), Vitamin D: 0.45µg (3.02%)