



## Quick Pork Stir-Fry

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup seasons asian sesame with ginger dressing good kraft
- 3 oz chicken flavor ramen noodle soup mix uncooked
- 0.5 cup carrots sliced
- 0.5 cup onion strips red
- 0.5 cup pepper strips red
- 0.5 lb pork tenderloin sliced
- 0.8 cup sugar snap peas trimmed
- 1 cup water

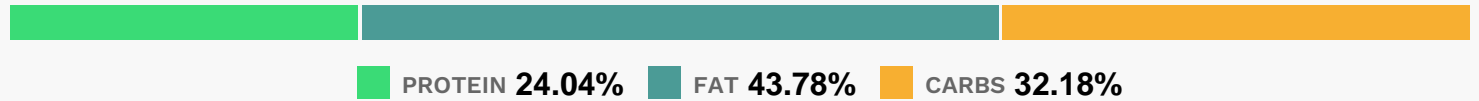
# Equipment

frying pan

# Directions

- Heat large skillet sprayed with cooking spray on medium-high heat.
- Add meat and onions; cook 3 min. or until meat is no longer pink.
- Add snap peas, carrots and peppers. Stir in water and dressing; bring to boil.
- Break up noodles; add to vegetables.
- Add contents of flavor packet; stir to combine. Cover; cook 2 min.
- Remove from heat; let stand 2 min. or until noodles are softened.

# Nutrition Facts



# Properties

Glycemic Index:76.42, Glycemic Load:14.53, Inflammation Score:-10, Nutrition Score:34.044782762942%

# Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

# Nutrients (% of daily need)

Calories: 514.16kcal (25.71%), Fat: 25.08g (38.58%), Saturated Fat: 6.55g (40.95%), Carbohydrates: 41.48g (13.83%), Net Carbohydrates: 36.87g (13.41%), Sugar: 9.51g (10.57%), Cholesterol: 73.71mg (24.57%), Sodium: 1269.82mg (55.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.98g (61.95%), Vitamin A: 6931.11IU (138.62%), Vitamin B1: 1.67mg (111.06%), Vitamin C: 74.71mg (90.55%), Vitamin B6: 1.16mg (58.19%), Selenium: 39.64µg (56.63%), Vitamin B3: 10.18mg (50.89%), Phosphorus: 389.69mg (38.97%), Vitamin B2: 0.58mg (34.28%), Vitamin K: 35.32µg (33.64%), Potassium: 883.73mg (25.25%), Folate: 94.3µg (23.58%), Manganese: 0.46mg (22.93%), Iron: 4.1mg (22.76%), Vitamin E: 3.41mg (22.7%), Zinc: 2.86mg (19.08%), Fiber: 4.6g (18.42%), Vitamin B5: 1.6mg (15.97%), Magnesium: 62.71mg (15.68%), Copper: 0.26mg (12.96%), Vitamin B12: 0.7µg (11.6%), Calcium: 66.79mg (6.68%), Vitamin D: 0.34µg (2.27%)