



HEALTH SCORE

100%

Rice Noodles with Pork, Spinach, and Peanuts



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



873 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 qt baby spinach leaves
- ☐ 4 ounces bean sprouts
- ☐ 8 ounces bean threads dried thin (up to)
- ☐ 0.8 cup fat-skimmed chicken broth
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 cloves garlic pressed peeled
- ☐ 1 teaspoon coarse-ground pepper
- ☐ 8 ounces ground pork lean

- ☐ 3 tablespoons soya sauce reduced-sodium
- ☐ 6 oz onion
- ☐ 0.3 cup rice vinegar
- ☐ 0.3 cup roasted peanuts unsalted chopped
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ kitchen scissors
- ☐ colander

Directions

- ☐ Pour 2 1/2 to 3 quarts boiling water into a large bowl.
- ☐ Add noodles and let stand until soft and pliable, 5 to 15 minutes.
- ☐ Meanwhile, peel and chop onion. Rinse and drain spinach and bean sprouts. In a small bowl, mix 3/4 cup broth, vinegar, 3 tablespoons soy sauce, and pepper.
- ☐ Pour noodles into a colander and drain. If desired, cut noodles into shorter lengths with scissors. Set a 14-inch wok or 12-inch frying pan with 2-inch-tall sides (see notes) over high heat. When hot, add oil and swirl to coat bottom. Crumble pork into pan and stir until lightly browned, 1 to 2 minutes.
- ☐ Add onion, ginger, and garlic; stir often until onion begins to brown, 1 to 2 minutes.
- ☐ Add spinach, noodles, and broth mixture.
- ☐ Mix until noodles are tender to bite and hot, about 3 minutes. If more liquid is desired, stir in 2 to 4 more tablespoons broth.
- ☐ Add bean sprouts and peanuts; mix and add more soy sauce to taste.
- ☐ Pour into a wide serving bowl.

Nutrition Facts



 **PROTEIN 20.36%**  **FAT 31.4%**  **CARBS 48.24%**

Properties

Glycemic Index:62, Glycemic Load:5.83, Inflammation Score:-10, Nutrition Score:76.184347525887%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 7.01mg, Luteolin: 7.01mg, Luteolin: 7.01mg, Luteolin: 7.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 60.88mg, Kaempferol: 60.88mg, Kaempferol: 60.88mg, Kaempferol: 60.88mg Myricetin: 3.36mg, Myricetin: 3.36mg, Myricetin: 3.36mg, Myricetin: 3.36mg Quercetin: 49.17mg, Quercetin: 49.17mg, Quercetin: 49.17mg, Quercetin: 49.17mg

Nutrients (% of daily need)

Calories: 872.89kcal (43.64%), Fat: 32.67g (50.26%), Saturated Fat: 8.56g (53.53%), Carbohydrates: 112.92g (37.64%), Net Carbohydrates: 88.34g (32.12%), Sugar: 8.97g (9.97%), Cholesterol: 54.43mg (18.14%), Sodium: 1612.33mg (70.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.67g (95.34%), Vitamin K: 4593.05µg (4374.33%), Vitamin A: 88757.71IU (1775.15%), Folate: 1898.82µg (474.71%), Manganese: 9.26mg (463.18%), Vitamin C: 276.38mg (335.01%), Magnesium: 821.2mg (205.3%), Potassium: 5847.46mg (167.07%), Iron: 29.09mg (161.59%), Vitamin E: 20.61mg (137.39%), Vitamin B2: 2.11mg (124.41%), Vitamin B6: 2.41mg (120.68%), Calcium: 1009.03mg (100.9%), Vitamin B1: 1.5mg (100.21%), Fiber: 24.57g (98.3%), Copper: 1.52mg (75.95%), Phosphorus: 754.5mg (75.45%), Vitamin B3: 13.51mg (67.53%), Selenium: 37.82µg (54.03%), Zinc: 7.87mg (52.46%), Vitamin B5: 1.78mg (17.81%), Vitamin B12: 0.64µg (10.71%)