



WHATSheATE



Roast Pork Lo Mein



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces egg noodles dried chinese thin
- ☐ 1 teaspoon ginger fresh minced grated
- ☐ 1.5 teaspoons garlic minced
- ☐ 1.5 teaspoons honey
- ☐ 1.5 tablespoons oyster sauce
- ☐ 0.5 pound fatty pork chinese homemade store-bought cut into small, bite-sized pieces
- ☐ 1.5 tablespoons rice wine dry chinese
- ☐ 3 spring onion cut into 2-inch lengths

- ☐ 2 tablespoons sesame oil
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon vegetable oil

Equipment

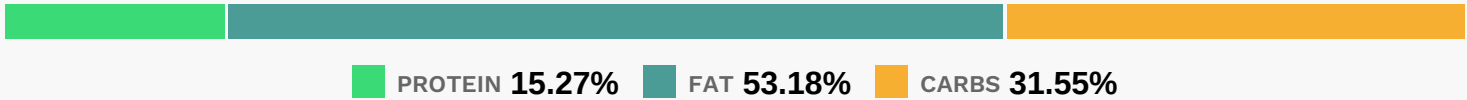
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ wok
- ☐ tongs
- ☐ chopsticks

Directions

- ☐ Bring a medium pot of water to a boil.
- ☐ Add the noodles and cook according to the package instructions until al dente, or the minimum amount of time suggested by the package.
- ☐ Drain the noodles, rinse under cold water, and drain again, shaking well to remove excess water. Return the noodles to the pot, toss with the sesame oil until the noodles are well coated, and set aside.
- ☐ Prepare the sauce: In a small bowl, combine the soy sauce, oyster sauce, rice wine, and honey. Set aside.
- ☐ Heat a wok or large skillet over high heat until a bead of water sizzles and evaporates on contact.
- ☐ Add the peanut oil and swirl to coat the bottom.
- ☐ Add the garlic, ginger, and scallions and stir-fry until aromatic, about 30 seconds.
- ☐ Add the mushrooms and cook until softened, 1 to 2 minutes.
- ☐ Add the noodles and pork.
- ☐ Pour in the sauce mixture and toss with tongs or chopsticks until the noodles and pork are heated through and well coated with sauce.
- ☐ Transfer to a platter and serve.

 Diana Kuan is a food writer and cooking instructor who has taught Chinese cooking in Beijing and New York. Her writing on food and travel has appeared in The Boston Globe, Gourmet, Food & Wine, and Time Out New York, among other publications. She has appeared on the CBS Early Show and other broadcast media. She is the author of the blog www.appetiteforchina.com, which has more than 6.5 million page views, and teaches Chinese cooking at Whole Foods and the Institute of Culinary Education (ICE) in New York, where she currently resides.

Nutrition Facts



Properties

Glycemic Index:36.07, Glycemic Load:1.48, Inflammation Score:-2, Nutrition Score:8.8382608942364%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 417.65kcal (20.88%), Fat: 24.17g (37.19%), Saturated Fat: 6.83g (42.72%), Carbohydrates: 32.27g (10.76%), Net Carbohydrates: 30.17g (10.97%), Sugar: 3.46g (3.85%), Cholesterol: 40.82mg (13.61%), Sodium: 1116.63mg (48.55%), Alcohol: 0.91g (100%), Alcohol %: 0.6% (100%), Protein: 15.61g (31.23%), Vitamin B1: 0.43mg (28.73%), Vitamin K: 25.85µg (24.62%), Selenium: 14.67µg (20.96%), Vitamin B3: 3.15mg (15.77%), Iron: 2.71mg (15.03%), Vitamin B6: 0.27mg (13.31%), Phosphorus: 123.92mg (12.39%), Vitamin B2: 0.17mg (10.1%), Zinc: 1.37mg (9.12%), Fiber: 2.1g (8.41%), Vitamin B12: 0.42µg (7.08%), Potassium: 229.19mg (6.55%), Manganese: 0.11mg (5.65%), Magnesium: 19.13mg (4.78%), Vitamin B5: 0.45mg (4.47%), Copper: 0.07mg (3.35%), Folate: 12.18µg (3.04%), Vitamin C: 2.48mg (3.01%), Vitamin E: 0.43mg (2.85%), Calcium: 21.83mg (2.18%), Vitamin A: 93.8IU (1.88%)