



## Shanghai Delight

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



1348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 tablespoons balsamic vinegar black chinese
- 1 oz mushroom caps dried
- 2 cloves garlic minced pressed
- 0.3 cup green onions thinly sliced
- 4 cups slivered napa cabbage
- 1 pound noodles or fresh shanghai-style
- 0.5 pound fat-trimmed boned pork loin cut into matchstick-size slivers
- 2 teaspoons salad oil

- 1 teaspoon asian sesame oil toasted ()
- 0.3 cup mushroom soy sauce (or 3 tablespoons soy sauce and 1 tablespoon molasses)
- 0.5 teaspoon pepper white

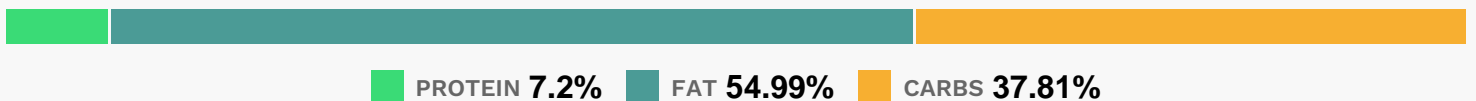
## Equipment

- frying pan
- wok

## Directions

- Rinse mushrooms, immerse in hot water, and soak until soft, about 15 minutes. Holding under water, squeeze mushrooms to release grit, then lift mushrooms out and squeeze dry.
- Cut off and discard stems.
- Cut mushroom caps into 1/4-inch-wide strips.
- In a 5- to 6-quart pan, bring 3 quarts water to a boil over high heat.
- Add noodles and cook, stirring occasionally, until barely tender to bite, 4 to 6 minutes.
- Drain well.
- Meanwhile, place a wok or 5- to 6-quart pan over high heat. When pan is hot, add salad oil and tilt pan to coat.
- Add garlic and pork; stir-fry until pork is lightly browned, about 4 minutes.
- Add cabbage and stir just until it begins to wilt, 1 to 2 minutes.
- Add noodles, mushrooms, soy sauce, vinegar, sesame oil, and pepper. Stir until noodles are hot, about 3 minutes.
- Transfer to plates.
- Sprinkle with onions.

## Nutrition Facts



## Properties

Glycemic Index:67, Glycemic Load:47.18, Inflammation Score:-7, Nutrition Score:30.211739166923%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 1347.66kcal (67.38%), Fat: 82.23g (126.51%), Saturated Fat: 30.51g (190.7%), Carbohydrates: 127.24g (42.41%), Net Carbohydrates: 119.59g (43.49%), Sugar: 7.41g (8.24%), Cholesterol: 71.82mg (23.94%), Sodium: 1102.91mg (47.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.45%), Selenium: 101.17µg (144.53%), Manganese: 1.86mg (92.91%), Vitamin K: 62.99µg (59.99%), Copper: 1.01mg (50.28%), Phosphorus: 376.32mg (37.63%), Vitamin C: 29.95mg (36.3%), Folate: 131.58µg (32.89%), Fiber: 7.64g (30.57%), Vitamin B6: 0.61mg (30.49%), Magnesium: 116.94mg (29.24%), Vitamin B5: 2.92mg (29.16%), Vitamin B3: 5.13mg (25.65%), Potassium: 804.51mg (22.99%), Zinc: 3.32mg (22.14%), Vitamin B2: 0.3mg (17.65%), Iron: 3.16mg (17.58%), Vitamin D: 2.26µg (15.06%), Vitamin B1: 0.22mg (15%), Calcium: 127.35mg (12.73%), Vitamin E: 1.27mg (8.5%), Vitamin A: 405.5IU (8.11%)