



Shanghai Pork and Mushrooms

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 1 tablespoon cornstarch
- ☐ 3 cloves garlic minced
- ☐ 4 green onions cut into 1-inch pieces
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 8 cups no-salt-added chicken broth undiluted canned
- ☐ 3.5 ounce oyster mushrooms halved
- ☐ 1 pound pork tenderloin

- ☐ 8 ounces vermicelli uncooked
- ☐ 2 tablespoons rice vinegar
- ☐ 3.5 ounce mushroom caps
- ☐ 2 teaspoons vegetable oil

Equipment

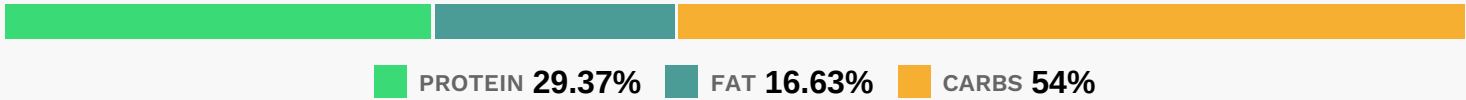
- ☐ frying pan
- ☐ sauce pan
- ☐ ziploc bags
- ☐ wok

Directions

- ☐ Trim fat from tenderloin; cut tenderloin into 1/2-inch strips.
- ☐ Combine soy sauce, vinegar, and garlic in a large heavy-duty, zip-top plastic bag.
- ☐ Add pork; seal bag, and shake until pork is well coated. Marinate in refrigerator 15 minutes.
- ☐ Remove stems from shiitake mushrooms; reserve stems for another use. Slice caps, and set aside.
- ☐ Bring broth to a boil in a saucepan; add vermicelli. Cook according to package directions, omitting salt and fat.
- ☐ Drain, reserving 1/2 cup broth. Set pasta aside; keep warm.
- ☐ Remove pork from marinade, reserving marinade.
- ☐ Place marinade in a saucepan; bring to a boil.
- ☐ Remove from heat.
- ☐ Add reserved 1/2 cup broth and cornstarch to marinade, stirring until smooth. Set aside.
- ☐ Coat a wok or large nonstick skillet with cooking spray; drizzle oil around top of wok, coating sides.
- ☐ Heat at medium-high (37
- ☐ until hot.
- ☐ Add shiitake and oyster mushrooms and green onions; stir-fry 2 minutes.

- ☐ Add pork; stir-fry 3 to 4 minutes or until browned.
- ☐ Add reserved marinade mixture and water chestnuts; stir-fry 2 minutes or until thickened.
- ☐ Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:27.58, Inflammation Score:-5, Nutrition Score:29.363478194112%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 524.05kcal (26.2%), Fat: 9.76g (15.01%), Saturated Fat: 2.66g (16.59%), Carbohydrates: 71.29g (23.76%), Net Carbohydrates: 66.49g (24.18%), Sugar: 4.04g (4.49%), Cholesterol: 73.71mg (24.57%), Sodium: 893.65mg (38.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.78g (77.55%), Vitamin B3: 16.86mg (84.29%), Vitamin B1: 1.19mg (79.53%), Selenium: 46.17µg (65.96%), Phosphorus: 613.38mg (61.34%), Vitamin B6: 1.22mg (61.23%), Vitamin B2: 0.75mg (43.86%), Potassium: 1250.97mg (35.74%), Manganese: 0.6mg (30.22%), Copper: 0.6mg (29.8%), Vitamin K: 29.19µg (27.8%), Zinc: 3.99mg (26.63%), Iron: 4.13mg (22.97%), Fiber: 4.8g (19.19%), Vitamin B5: 1.87mg (18.7%), Vitamin B12: 1.06µg (17.69%), Magnesium: 70.2mg (17.55%), Folate: 34.21µg (8.55%), Vitamin E: 1.01mg (6.73%), Calcium: 58.55mg (5.85%), Vitamin C: 4.09mg (4.96%), Vitamin D: 0.61µg (4.09%), Vitamin A: 134.02IU (2.68%)