



Shortcut Noodle-Bowl Lettuce Wraps

READY IN



10 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small heads boston lettuce separated
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 4 teaspoons hoisin sauce
- ☐ 3 ounce ramen instant discard seasoning packet
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup peanuts chopped
- ☐ 8 ounces thick center-cut loin pork chops boneless sliced
- ☐ 1 pound prepped vegetables shredded such as cucumber, bell pepper and mushroom slices; cabbage and carrots

- ☐ 4 servings salad dressing sweet such as sesame-ginger, miso or chili asian-style
- ☐ 2 scallions white green thinly sliced
- ☐ 1 cup tofu cubes sliced
- ☐ 2 tablespoons vegetable oil

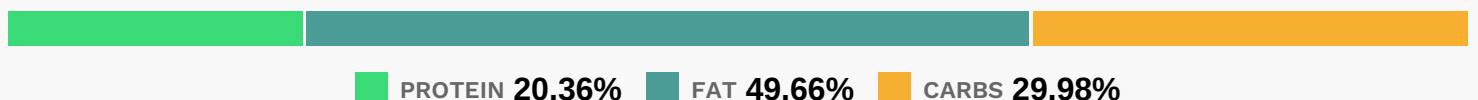
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil over high heat. Slice the cucumber rounds into matchsticks. If the bell pepper strips are very wide, slice them thinly, too.
- ☐ Add all the vegetables, lettuce, scallions, cilantro and tofu or egg if using to a large serving bowl, or arrange on a large platter.
- ☐ Add the ramen to the boiling water and cook, stirring once or twice to separate, until al dente, about 90 seconds. Strain, transfer to a small bowl, toss with 1/2 teaspoon of the oil and add to the bowl or platter with the vegetables.
- ☐ Toss the pork with the hoisin sauce in a medium bowl, and season lightly with salt and pepper.
- ☐ Heat 1 tablespoon of oil in a medium nonstick skillet over high heat until almost smoking.
- ☐ Add half the pork and stir-fry until the hoisin sauce chars a bit, about 45 seconds.
- ☐ Transfer the pork to the platter with the vegetables, spreading the slices out a bit so they don't steam. Wipe the pan clean with a paper towel, and repeat with the remaining tablespoon of oil and pork.
- ☐ To serve, have everyone fill their lettuce leaves with noodles, pork and vegetables, sprinkle with the peanuts and top with a splash of dressing.

Nutrition Facts



Properties

Glycemic Index:40.06, Glycemic Load:5.33, Inflammation Score:-10, Nutrition Score:39.366522001184%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 477.66kcal (23.88%), Fat: 27.95g (42.99%), Saturated Fat: 5.76g (36%), Carbohydrates: 37.96g (12.65%), Net Carbohydrates: 22.88g (8.32%), Sugar: 5.53g (6.14%), Cholesterol: 164.93mg (54.98%), Sodium: 475.43mg (20.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.78g (51.57%), Vitamin K: 179.79µg (171.23%), Vitamin A: 6521.3IU (130.43%), Manganese: 1.72mg (86.11%), Fiber: 15.08g (60.33%), Iron: 10.32mg (57.33%), Selenium: 32.22µg (46.03%), Vitamin B3: 9.03mg (45.17%), Vitamin B1: 0.67mg (44.63%), Vitamin B6: 0.85mg (42.68%), Calcium: 412.97mg (41.3%), Vitamin E: 5.57mg (37.15%), Phosphorus: 341.42mg (34.14%), Folate: 133.82µg (33.45%), Magnesium: 129.95mg (32.49%), Vitamin B2: 0.52mg (30.68%), Potassium: 910.93mg (26.03%), Copper: 0.41mg (20.35%), Zinc: 2.64mg (17.63%), Vitamin C: 14.1mg (17.09%), Vitamin B5: 1.5mg (15.04%), Vitamin B12: 0.68µg (11.3%), Vitamin D: 0.97µg (6.5%)