



Slow-Cooker Gingered Pork and Ramen Noodles

 Dairy Free

READY IN



510 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz japanese ramen noodles
- 2 teaspoons cornstarch
- 1 teaspoon ginger grated
- 0.3 cup spring onion sliced
- 4 oz snow peas fresh halved
- 1 lb pork shoulder boneless cut into 1-inch pieces
- 1 tablespoon soya sauce

3 cups water

Equipment

bowl

slow cooker

Directions

Reserve noodles from soup mixes. In 3 1/2 to 4-quart slow cooker, combine pork and contents of seasoning packets from noodle soup mixes; mix well.

Add gingerroot and water; stir to mix.

Cover; cook on Low setting 6 to 8 hours.

About 25 minutes before serving, break reserved noodles into pieces; add to pork mixture.

Add pea pods and onions; mix well. Increase heat setting to High; cover and cook 10 to 15 minutes longer or just until vegetables are crisp-tender.

In small bowl, blend soy sauce and cornstarch until smooth. Stir into pork mixture. Cover; cook about 5 minutes or until sauce is slightly thickened.

Nutrition Facts



PROTEIN 36.51% **FAT 27.67%** **CARBS 35.82%**

Properties

Glycemic Index:27.25, Glycemic Load:12.35, Inflammation Score:-6, Nutrition Score:22.88695667101%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 350.24kcal (17.51%), Fat: 10.58g (16.28%), Saturated Fat: 4.44g (27.78%), Carbohydrates: 30.82g (10.27%), Net Carbohydrates: 28.89g (10.5%), Sugar: 2.03g (2.26%), Cholesterol: 68.04mg (22.68%), Sodium: 1189.56mg (51.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.41g (62.82%), Vitamin B1: 1.22mg (81.18%), Vitamin B3: 13.01mg (65.05%), Selenium: 33.81µg (48.3%), Vitamin B6: 0.91mg (45.74%), Vitamin B2: 0.67mg (39.54%), Phosphorus: 333.77mg (33.38%), Vitamin C: 18.34mg (22.23%), Vitamin K: 22.45µg (21.38%), Iron: 3.51mg (19.51%), Vitamin B12: 1.09µg (18.21%), Zinc: 2.71mg (18.09%), Potassium: 590.36mg (16.87%), Manganese: 0.33mg (16.65%),

Folate: 64.82µg (16.21%), Vitamin B5: 1.47mg (14.66%), Magnesium: 51.14mg (12.78%), Copper: 0.22mg (11.19%), Fiber: 1.93g (7.73%), Vitamin A: 375.57IU (7.51%), Vitamin E: 0.88mg (5.86%), Calcium: 43.28mg (4.33%)