



Slow-Cooker Pork Lo Mein

 Dairy Free

READY IN



625 min.

SERVINGS



8

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small onion cut into wedges
- 2 pounds pork steaks trimmed of fat cut into 1-inch cubes
- 1 ounce suya seasoning mix
- 8 ounces water chestnuts drained sliced canned
- 8 ounces bamboo skewers drained sliced canned
- 1 cup celery stalks sliced
- 1 pound sugar snap peas mixed frozen
- 0.3 cup teriyaki sauce (from 12-ounce bottle)

1 pound angel hair pasta uncooked

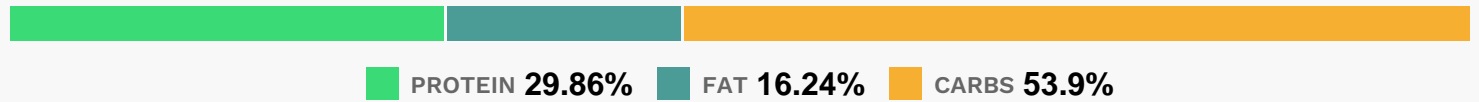
Equipment

slow cooker

Directions

- Place onion, pork, seasoning mix (dry), water chestnuts, bamboo shoots
- and celery in order listed in 3 1/2- to 4-quart slow cooker.
- Cover and cook on low heat setting 8 to 10 hours.
- Gently stir in frozen vegetables and teriyaki baste and glaze. Increase
- heat setting to high. Cover and cook 15 minutes or until vegetables are
- tender.
- Meanwhile, cook and drain pasta as directed on package.
- Serve pork
- mixture over pasta.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:17.47, Inflammation Score:-8, Nutrition Score:30.174347711646%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 434.02kcal (21.7%), Fat: 7.77g (11.95%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 58.01g (19.34%), Net Carbohydrates: 51.36g (18.67%), Sugar: 7.36g (8.18%), Cholesterol: 68.04mg (22.68%), Sodium: 440.8mg (19.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.14g (64.27%), Selenium: 69.02µg (98.59%), Vitamin B1: 0.8mg (53.11%), Manganese: 0.96mg (48.21%), Vitamin B6: 0.94mg (46.84%), Vitamin C: 36.02mg (43.66%),

Phosphorus: 406.54mg (40.65%), Vitamin K: 40.08µg (38.17%), Zinc: 5.25mg (35%), Vitamin B3: 6.81mg (34.04%),
Vitamin B2: 0.57mg (33.38%), Iron: 5.25mg (29.19%), Fiber: 6.66g (26.63%), Vitamin B5: 2.63mg (26.28%),
Potassium: 809.6mg (23.13%), Magnesium: 89.33mg (22.33%), Copper: 0.44mg (22.01%), Vitamin B12: 1.03µg
(17.2%), Vitamin A: 737.14IU (14.74%), Folate: 52.75µg (13.19%), Calcium: 122.04mg (12.2%), Vitamin E: 1.64mg
(10.92%), Vitamin D: 0.68µg (4.54%)