



## Slow-Cooker Pork Lo Mein

 Dairy Free

READY IN



625 min.

SERVINGS



8

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound angel hair pasta uncooked
- 8 ounces bamboo skewers drained sliced canned
- 8 ounces water chestnuts drained sliced canned
- 1 cup celery stalks sliced
- 1 small onion cut into wedges
- 2 pounds pork steaks trimmed of fat cut into 1-inch cubes
- 1 ounce suya seasoning mix
- 1 pound sugar snap peas mixed frozen

0.3 cup teriyaki sauce (from 12-ounce bottle)

## 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.

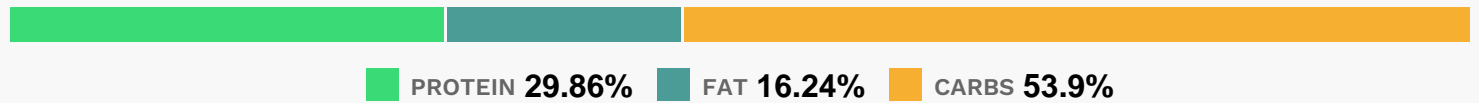
Cover and cook on low heat setting 8 to 10 hours.

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%)