



Slow-Cooker Pork With Noodles

 Dairy Free  Very Healthy

READY IN



500 min.

SERVINGS



4

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 head bok choy roughly chopped
- 3 pounds boston butt pork shoulder boneless
- 0.5 cup cilantro leaves fresh chopped
- 4 cloves garlic smashed
- 1 piece ginger peeled sliced
- 4 servings kosher salt
- 3 tablespoons brown sugar light packed
- 3 cups chicken broth low-sodium

- 3.5 ounces rice vermicelli noodles dried
- 0.3 cup rice wine dry chinese
- 0.3 cup soya sauce
- 2 pieces star anise

Equipment

- bowl
- ladle
- slow cooker

Directions

- Combine the chicken broth, soy sauce, rice wine, brown sugar, garlic, ginger, star anise and 1/2 teaspoon salt in a 5-to-6-quart slow cooker.
- Add the pork, then cover and cook on low 8 hours.
- Add the bok choy to the slow cooker; cover and cook about 20 more minutes.
- Add the noodles to the slow cooker, making sure they are submerged. Cover and cook 10 more minutes.
- Remove the pork from the slow cooker and shred the meat. Divide the pork, bok choy and noodles among bowls, then ladle in some of the broth.
- Sprinkle with the cilantro.
- Photograph by Antonis Achilleos

Nutrition Facts



PROTEIN 55.42% FAT 19.27% CARBS 25.31%

Properties

Glycemic Index:38.75, Glycemic Load:12.18, Inflammation Score:-10, Nutrition Score:56.332608440648%

Flavonoids

Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 9.1mg, Kaempferol: 9.1mg, Kaempferol: 9.1mg, Kaempferol: 9.1mg Myricetin:

0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 648.97kcal (32.45%), Fat: 13.32g (20.49%), Saturated Fat: 4.08g (25.48%), Carbohydrates: 39.36g (13.12%), Net Carbohydrates: 36.52g (13.28%), Sugar: 11.76g (13.07%), Cholesterol: 204.12mg (68.04%), Sodium: 1426.77mg (62.03%), Alcohol: 2.41g (100%), Alcohol %: 0.38% (100%), Protein: 86.19g (172.37%), Vitamin A: 9519.58IU (190.39%), Vitamin B3: 36.85mg (184.25%), Vitamin B1: 2.3mg (153.6%), Vitamin B6: 2.96mg (148.2%), Selenium: 93.48µg (133.55%), Vitamin C: 96.17mg (116.57%), Vitamin B2: 1.82mg (106.87%), Phosphorus: 976.25mg (97.63%), Vitamin K: 101.8µg (96.96%), Potassium: 2058.21mg (58.81%), Vitamin B12: 3.14µg (52.28%), Zinc: 7.54mg (50.26%), Vitamin B5: 3.64mg (36.41%), Folate: 143.62µg (35.9%), Magnesium: 143.48mg (35.87%), Iron: 5.96mg (33.11%), Manganese: 0.66mg (32.89%), Calcium: 277.38mg (27.74%), Copper: 0.46mg (22.98%), Fiber: 2.84g (11.36%), Vitamin E: 0.52mg (3.45%)