



Spicy Peanut Butter-Pork Pasta

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces rotini pasta uncooked
- ☐ 1 tablespoon vegetable oil
- ☐ 1 pound pork tenderloin cut into 1/2-inch slices
- ☐ 0.5 cup onion chopped
- ☐ 1 tablespoon ginger finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 cup creamy peanut butter
- ☐ 0.3 cup chili sauce

- ☐ 1 teaspoon sesame oil
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 1 cup water
- ☐ 0.5 cup spring onion sliced (5 medium)
- ☐ 1.5 cups roma tomatoes chopped (plum)

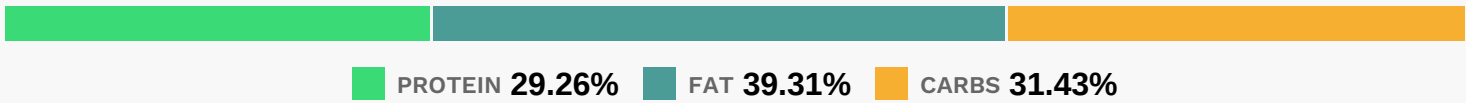
Equipment

- ☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Heat vegetable oil in 10-inch skillet over medium-high heat. Cook pork, onion, gingerroot and garlic in oil, stirring occasionally, until pork is no longer pink; reduce heat to low.
- ☐ Stir in peanut butter, chili sauce, sesame oil, salt and red pepper. Gradually stir in water, stirring constantly, until peanut butter is melted.
- ☐ Heat to boiling; reduce heat to low. Simmer uncovered about 5 minutes, stirring frequently, until sauce is slightly thickened.
- ☐ Add pasta, green onions and tomatoes; toss until well coated.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:10.67, Inflammation Score:-8, Nutrition Score:28.726086968961%

Flavonoids

Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 455.09kcal (22.75%), Fat: 20.13g (30.97%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 32.05g (11.65%), Sugar: 8.81g (9.79%), Cholesterol: 73.71mg (24.57%), Sodium: 537.47mg (23.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.7g (67.4%), Vitamin B1: 1.24mg (82.36%), Selenium: 53.65µg (76.64%), Vitamin B3: 11.76mg (58.78%), Vitamin B6: 1.15mg (57.41%), Phosphorus: 444.72mg (44.47%), Vitamin K: 40.45µg (38.52%), Manganese: 0.76mg (37.87%), Vitamin B2: 0.49mg (28.65%), Potassium: 980.05mg (28%), Magnesium: 100.01mg (25%), Vitamin C: 19.13mg (23.19%), Vitamin E: 3.45mg (23.02%), Zinc: 3.35mg (22.34%), Vitamin A: 1034.44IU (20.69%), Copper: 0.38mg (19.1%), Fiber: 4.16g (16.65%), Vitamin B5: 1.42mg (14.2%), Iron: 2.48mg (13.77%), Folate: 50.58µg (12.65%), Vitamin B12: 0.59µg (9.83%), Calcium: 52.86mg (5.29%), Vitamin D: 0.34µg (2.27%)