



Spicy Szechuan Noodles

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



539 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.3 cups chicken broth (from 32-oz carton)
- 0.3 cup peanut butter
- 3 tablespoons soya sauce
- 2 tablespoons oyster sauce
- 1 tablespoon vinegar white
- 7 oz vermicelli linguine-style uncooked (from 14-oz package)
- 1 tablespoon vegetable oil
- 0.5 lb ground pork lean

- 3 medium cloves garlic finely chopped
- 1.5 cups baby carrots cut lengthwise into julienne (2x1/4x1/4-inch) strips
- 1 cup bell pepper red thinly sliced
- 3 medium spring onion
- 0.5 teaspoon pepper red crushed
- 1 tablespoon sesame oil
- 0.3 cup cilantro leaves fresh chopped

Equipment

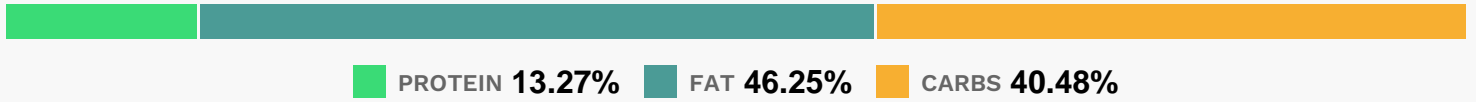
- bowl
- frying pan
- whisk
- pot
- wooden spoon
- wok
- measuring cup

Directions

- In 2-cup glass measuring cup, mix sauce ingredients with wire whisk until well blended; set aside.
- In large stockpot, heat 4 quarts water to boiling over high heat.
- Remove from heat; add noodles.
- Let stand 8 to 10 minutes or until noodles are tender; drain.
- Meanwhile, in wok or 12-inch nonstick skillet, heat peanut oil over medium-high heat about 1 minute.
- Add pork and garlic; cook about 5 minutes, breaking up pork into small pieces with wooden spoon, until pork is no longer pink.
- Add carrots, bell pepper, green onions and pepper flakes; cook 3 minutes, stirring 3 or 4 times.

- Mix sauce mixture again with wire whisk to recombine; pour into wok. Stir to coat mixture with sauce.
- Heat to boiling. Reduce heat to medium-low; simmer about 3 minutes, stirring occasionally, to blend flavors. Stir in sesame oil.
- In large serving bowl, gently mix noodles with sauce mixture to coat.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:65.75, Glycemic Load:24.84, Inflammation Score:-10, Nutrition Score:24.367826130079%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 539.16kcal (26.96%), Fat: 27.87g (42.88%), Saturated Fat: 7.24g (45.26%), Carbohydrates: 54.88g (18.29%), Net Carbohydrates: 50.55g (18.38%), Sugar: 6.4g (7.11%), Cholesterol: 42.29mg (14.1%), Sodium: 1509.24mg (65.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18g (35.99%), Vitamin A: 8044.91IU (160.9%), Vitamin C: 52.42mg (63.54%), Manganese: 0.78mg (38.78%), Vitamin K: 39.8µg (37.91%), Vitamin B1: 0.52mg (34.9%), Selenium: 23.83µg (34.05%), Vitamin B3: 6.29mg (31.43%), Phosphorus: 284.38mg (28.44%), Vitamin B6: 0.52mg (26.25%), Vitamin B2: 0.31mg (18.35%), Fiber: 4.33g (17.33%), Vitamin E: 2.6mg (17.32%), Zinc: 2.4mg (16.02%), Potassium: 557.85mg (15.94%), Magnesium: 63.23mg (15.81%), Folate: 60.02µg (15.01%), Iron: 2.37mg (13.16%), Copper: 0.25mg (12.49%), Vitamin B5: 0.97mg (9.74%), Vitamin B12: 0.45µg (7.47%), Calcium: 65.16mg (6.52%)