



Spicy Thai Pork with Vegetables & Sesame Noodles

 Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz flavor pack from ramen
- ☐ 2 tablespoons flour
- ☐ 0.3 cup spring onion sliced
- ☐ 0.8 cup satay sauce
- ☐ 0.3 cup peanuts chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound pork tenderloin skinless

- ☐ 1 medium bell pepper red cut in 1/4-inch strips
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sesame oil
- ☐ 2 cups sugar snap peas fresh
- ☐ 1 ginger tea bags reynolds®
- ☐ 0.5 cup water

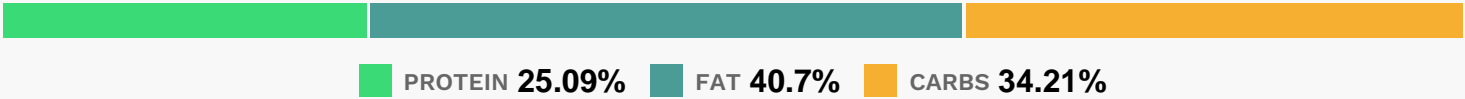
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 400F.
- ☐ Place Reynolds Oven Bag in 13x9x2-inch pan.
- ☐ Add flour, peanut sauce and water to bag. Gently squeeze bag to blend ingredients; set aside.
- ☐ Slice pork tenderloin 1-inch thick; sprinkle with salt and pepper.
- ☐ Add to oven bag. Turn bag several times to coat pork with sauce. Arrange pork in even layer in oven bag. Top with snap peas and bell pepper.
- ☐ Close oven bag with nylon tie.
- ☐ Cut six 1/2-inch slits in top. Tuck ends of bag in pan.
- ☐ Bake 12 to 14 minutes or until pork reads 145F on meat thermometer. While pork is baking, break up noodles and COOK according to package directions.
- ☐ Drain cooked noodles and place in medium bowl with 1 seasoning packet, sesame oil and green onions; stir to mix well. Carefully cut bag open.
- ☐ Place 1/4 of noodles on each plate and top with pork, vegetables, and sauce.
- ☐ Sprinkle with peanuts and green onions.
- ☐ Drizzle with additional peanut sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:2.64, Inflammation Score:-9, Nutrition Score:31.151304099871%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 566.14kcal (28.31%), Fat: 25.21g (38.78%), Saturated Fat: 5.79g (36.18%), Carbohydrates: 47.68g (15.89%), Net Carbohydrates: 43.68g (15.88%), Sugar: 11.95g (13.28%), Cholesterol: 73.71mg (24.57%), Sodium: 1834.98mg (79.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.97g (69.94%), Vitamin B1: 1.94mg (129.04%), Vitamin C: 68.91mg (83.53%), Selenium: 41.26µg (58.94%), Vitamin B3: 11.57mg (57.87%), Vitamin B6: 1.11mg (55.35%), Phosphorus: 402.68mg (40.27%), Vitamin B2: 0.6mg (35.07%), Manganese: 0.69mg (34.37%), Vitamin A: 1529.37IU (30.59%), Folate: 113.4µg (28.35%), Vitamin K: 27.34µg (26.04%), Iron: 4.63mg (25.74%), Potassium: 775.97mg (22.17%), Zinc: 3.04mg (20.24%), Magnesium: 75.9mg (18.98%), Vitamin B5: 1.72mg (17.24%), Fiber: 4g (15.99%), Copper: 0.31mg (15.39%), Vitamin B12: 0.67µg (11.1%), Vitamin E: 1.66mg (11.07%), Calcium: 59.07mg (5.91%), Vitamin D: 0.34µg (2.27%)