



## Squid and Pork Noodle Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 0.5 cup celery hearts finely chopped
- ☐ 1 cucumber seeded sliced
- ☐ 0.3 cup fish sauce
- ☐ 3 cloves garlic finely chopped
- ☐ 1 cup grape tomatoes halved
- ☐ 0.5 pound ground pork
- ☐ 1 cup juice of lime (from 4 to 5 limes)

- ☐ 1 cup mint and cilantro mixed fresh
- ☐ 1 pound buckwheat noodles
- ☐ 0.3 cup peanuts crushed
- ☐ 0.5 cup onion red thinly sliced
- ☐ 1 teaspoon salt
- ☐ 0.8 pound squid rings fresh cut into bite-size pieces
- ☐ 0.3 cup sugar
- ☐ 3 thai bird chiles red finely chopped (found in grocery stores' Asian section)

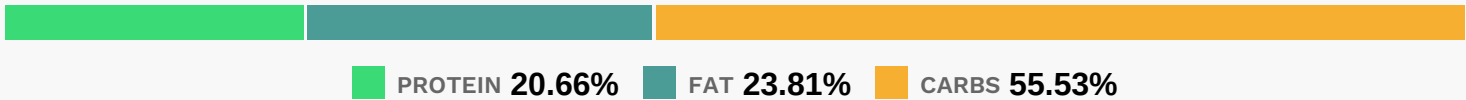
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Cook noodles as directed on package.
- ☐ Drain, rinse with cold water and set aside.
- ☐ Heat oil in a large nonstick pan over medium-high heat 1 minute. Cook garlic 30 seconds (do not brown). Reduce heat to medium.
- ☐ Add pork and salt; cook until browned, about 2 minutes.
- ☐ Add squid; sauté 1 minute. Cover. Cook until squid is opaque, about 2 minutes.
- ☐ Whisk all ingredients in a bowl. Salad: Toss all ingredients in another bowl.
- ☐ Add noodles to pork and squid; pour half of sauce over the top; toss. Divide among 8 bowls and top with salad.
- ☐ Serve remaining sauce on the side.
- ☐ Self

## Nutrition Facts



## Properties

Glycemic Index:33.54, Glycemic Load:22.03, Inflammation Score:-7, Nutrition Score:20.33304340943%

## Flavonoids

Eriodictyol: 2.4mg, Eriodictyol: 2.4mg, Eriodictyol: 2.4mg, Eriodictyol: 2.4mg Hesperetin: 3.28mg, Hesperetin: 3.28mg, Hesperetin: 3.28mg, Hesperetin: 3.28mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

## Nutrients (% of daily need)

Calories: 411.84kcal (20.59%), Fat: 10.93g (16.82%), Saturated Fat: 3g (18.73%), Carbohydrates: 57.38g (19.13%), Net Carbohydrates: 53.76g (19.55%), Sugar: 10.11g (11.23%), Cholesterol: 119.49mg (39.83%), Sodium: 908.61mg (39.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.34g (42.69%), Selenium: 63.19µg (90.28%), Copper: 1.1mg (55.07%), Manganese: 0.84mg (41.85%), Phosphorus: 296.3mg (29.63%), Vitamin C: 20.86mg (25.29%), Vitamin B1: 0.34mg (22.57%), Vitamin B3: 4.33mg (21.64%), Magnesium: 86.47mg (21.62%), Vitamin B2: 0.33mg (19.31%), Vitamin B6: 0.34mg (17.2%), Potassium: 569.31mg (16.27%), Zinc: 2.41mg (16.07%), Fiber: 3.62g (14.47%), Vitamin B12: 0.79µg (13.1%), Folate: 50.34µg (12.59%), Iron: 2.03mg (11.27%), Vitamin A: 495.02IU (9.9%), Vitamin B5: 0.93mg (9.34%), Calcium: 69.76mg (6.98%), Vitamin K: 7.19µg (6.85%), Vitamin E: 0.95mg (6.36%)