



Stir-Fried Noodles with Roast Pork

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup chicken broth
- ☐ 1 teaspoon sriracha chinese
- ☐ 5 shiitake mushrooms dried
- ☐ 1 tablespoon ginger minced
- ☐ 12 ounces soup noodles fresh chinese
- ☐ 0.5 pound pork loin leftover cut into thin strips
- ☐ 35 servings to 5 chilies fresh red hot sliced for garnish
- ☐ 2 spring onion plus more for garnish thinly sliced

- ☐ 1 teaspoon sesame oil toasted
- ☐ 3 tablespoons soya sauce
- ☐ 1 pinch sugar
- ☐ 1.5 teaspoons rice vinegar
- ☐ 3 tablespoons vegetable oil

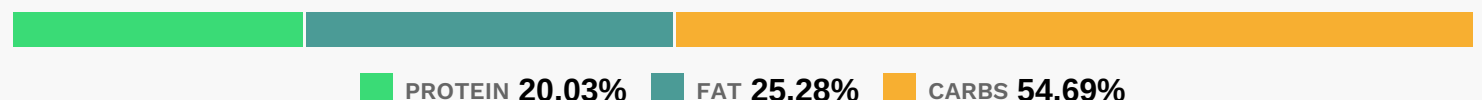
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ In a microwave-safe bowl, cover the shiitake with water and microwave at high power for 2 minutes.
- ☐ Let stand until plump, about 10 minutes.
- ☐ Drain, rinse and pat dry. Thinly slice the mushrooms.
- ☐ In a saucepan of boiling water, cook the noodles until al dente, 3 minutes; drain and rinse the noodles. In a bowl, combine the broth, soy sauce, vinegar, sesame oil, chile-garlic sauce and sugar.
- ☐ In a large nonstick skillet, heat the vegetable oil.
- ☐ Add the ginger and shiitake and cook over high heat, stirring, for 3 minutes.
- ☐ Add the noodles and scallions and stir-fry until lightly browned, 5 minutes.
- ☐ Add the pork and sauce and cook over moderate heat, tossing until the sauce is absorbed, 3 minutes.
- ☐ Transfer the noodles to a platter, garnish with scallions and chiles and serve.

Nutrition Facts



Properties

Glycemic Index:7.69, Glycemic Load:3.29, Inflammation Score:-2, Nutrition Score:3.4578260902477%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 62.07kcal (3.1%), Fat: 1.74g (2.68%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 7.97g (2.9%), Sugar: 0.9g (1%), Cholesterol: 4.12mg (1.37%), Sodium: 104.25mg (4.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Vitamin C: 14.51mg (17.59%), Selenium: 8.08µg (11.54%), Manganese: 0.12mg (6.01%), Vitamin B6: 0.12mg (5.93%), Vitamin K: 4.99µg (4.75%), Phosphorus: 40.07mg (4.01%), Vitamin B3: 0.75mg (3.76%), Vitamin B1: 0.05mg (3.12%), Copper: 0.06mg (2.77%), Magnesium: 10.18mg (2.55%), Potassium: 86.6mg (2.47%), Fiber: 0.52g (2.07%), Vitamin A: 102.07IU (2.04%), Zinc: 0.3mg (2.01%), Vitamin B2: 0.03mg (1.9%), Iron: 0.32mg (1.76%), Vitamin B5: 0.15mg (1.48%), Vitamin E: 0.19mg (1.27%), Folate: 5.02µg (1.26%)