



Stir-Fried Pork and Pasta

 Dairy Free

READY IN



46 min.

SERVINGS



6

CALORIES



254 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.3 pounds pork loin boneless
- 1 teaspoon cornstarch
- 1 teaspoon soya sauce
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 2 tablespoons vegetable oil
- 2 large garlic clove finely chopped
- 0.3 teaspoon pepper red crushed

- 2 medium celery stalks cut into 1/4-inch diagonal slices (1 cup)
- 1 small bell pepper green red cut into 1-inch pieces
- 4 ounces bean sprouts
- 1.3 cups mushrooms fresh
- 4 ounces vermicelli cooked uncooked
- 3 spring onion sliced
- 1 tablespoon soya sauce

Equipment

- frying pan
- wok

Directions

- Trim excess fat from pork.
- Cut pork into strips, 2x1x1/8 inch. Toss pork, cornstarch, 1 teaspoon soy sauce, the salt and pepper. Cover and refrigerate 20 minutes.
- Heat wok or 12-inch skillet over high heat.
- Add oil; rotate wok to coat side.
- Add pork, garlic and red pepper; stir-fry about 5 minutes or until pork is no longer pink.
- Add celery and bell pepper; stir-fry 2 minutes.
- Add bean sprouts and mushrooms; stir-fry 2 minutes.
- Add vermicelli, green onions and 1 tablespoon soy sauce; toss about 2 minutes or until thoroughly mixed.

Nutrition Facts

PROTEIN **37.88%** FAT **31.02%** CARBS **31.1%**

Properties

Glycemic Index:42.67, Glycemic Load:9.35, Inflammation Score:-4, Nutrition Score:15.057826208032%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 253.75kcal (12.69%), Fat: 8.63g (13.28%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 19.49g (6.5%), Net Carbohydrates: 18.16g (6.6%), Sugar: 1.71g (1.9%), Cholesterol: 59.53mg (19.84%), Sodium: 407.14mg (17.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.73g (47.45%), Selenium: 31.25µg (44.64%), Vitamin B6: 0.81mg (40.41%), Vitamin B3: 6.6mg (33.02%), Vitamin B1: 0.47mg (31.45%), Phosphorus: 281.04mg (28.1%), Vitamin K: 28.47µg (27.11%), Vitamin B2: 0.3mg (17.69%), Vitamin C: 14.31mg (17.35%), Potassium: 507.16mg (14.49%), Zinc: 2.1mg (13.98%), Vitamin B5: 1.13mg (11.27%), Manganese: 0.22mg (10.78%), Copper: 0.19mg (9.39%), Magnesium: 37.24mg (9.31%), Vitamin B12: 0.49µg (8.17%), Iron: 1.18mg (6.57%), Folate: 21.83µg (5.46%), Fiber: 1.33g (5.3%), Vitamin E: 0.63mg (4.2%), Vitamin A: 140.44IU (2.81%), Vitamin D: 0.42µg (2.79%), Calcium: 20.41mg (2.04%)