



Stir-Fried Pork, Snow Peas and Rice Noodles

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon ginger fresh finely chopped
- ☐ 2 cloves garlic chopped
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 8 ounces pork tenderloin thinly sliced
- ☐ 8 ounces vermicelli (pad thai)
- ☐ 3 spring onion light white green finely chopped
- ☐ 1 teaspoon sesame oil

- ☐ 3 tablespoons rice wine
- ☐ 7 ounces snow peas trimmed
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon vegetable oil

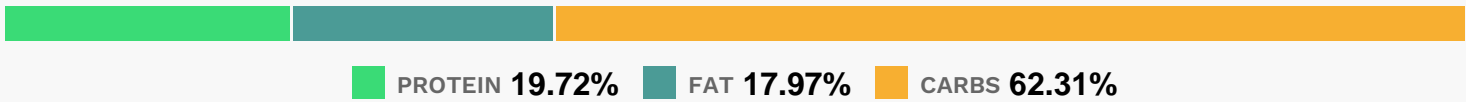
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Place rice noodles in a bowl, cover with hot tap water, and let stand 8 to 10 minutes.
- ☐ Drain, allowing some water to cling to noodles.
- ☐ Combine pork, 1 Tbsp. soy sauce and 1 Tbsp. rice wine in a bowl and toss to coat.
- ☐ Whisk together remaining 2 Tbsp. soy sauce, remaining 2 Tbsp. rice wine, broth, cornstarch and sesame oil in a medium bowl.
- ☐ Warm vegetable oil in a large nonstick skillet or wok over high heat.
- ☐ Add pork and stir-fry until cooked through, 2 to 3 minutes.
- ☐ Transfer to a bowl.
- ☐ Add garlic, ginger and scallions to skillet and stir-fry until fragrant, about 30 seconds.
- ☐ Add snow peas and 1/2 cup water to skillet, cover and cook until just tender, 4 to 5 minutes.
- ☐ Add noodles, pork and chicken-broth mixture to skillet and cook, stirring, until noodles are heated through and coated, 3 to 4 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:27.26, Inflammation Score:-6, Nutrition Score:17.270434664643%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 372.38kcal (18.62%), Fat: 7.05g (10.84%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 54.99g (18.33%), Net Carbohydrates: 52.38g (19.05%), Sugar: 2.51g (2.79%), Cholesterol: 36.85mg (12.28%), Sodium: 899.86mg (39.12%), Alcohol: 1.81g (100%), Alcohol %: 0.98% (100%), Protein: 17.41g (34.82%), Vitamin B1: 0.67mg (44.34%), Vitamin C: 32.01mg (38.81%), Selenium: 26.66µg (38.09%), Vitamin K: 37.45µg (35.67%), Vitamin B6: 0.58mg (28.92%), Phosphorus: 284.25mg (28.42%), Manganese: 0.52mg (26.14%), Vitamin B3: 5.18mg (25.9%), Vitamin B2: 0.28mg (16.42%), Iron: 2.55mg (14.15%), Vitamin A: 630.28IU (12.61%), Potassium: 434.01mg (12.4%), Zinc: 1.76mg (11.75%), Magnesium: 43.35mg (10.84%), Fiber: 2.61g (10.46%), Vitamin B5: 0.95mg (9.46%), Copper: 0.18mg (9.23%), Folate: 30.97µg (7.74%), Vitamin B12: 0.32µg (5.41%), Calcium: 48.88mg (4.89%), Vitamin E: 0.67mg (4.44%), Vitamin D: 0.17µg (1.13%)