



Sweet and Sour Noodles and Pork

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



466 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 lb pork loin boneless cut into thin strips
- ☐ 0.5 teaspoon highest available proof grain spirit
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 0.5 cup soy sauce
- ☐ 2 tablespoons chili sauce
- ☐ 3 oz extra wide egg noodles uncooked
- ☐ 8 oz snow peas fresh

- ☐ 1 small bell pepper red cut into thin strips
- ☐ 0.3 cup cashew pieces

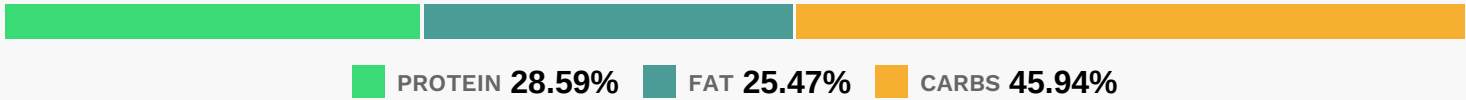
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add pork to skillet; sprinkle with garlic-pepper blend. Cook 3 to 5 minutes, stirring frequently, until brown.
- ☐ Stir in broth, sweet-and-sour sauce and chili sauce.
- ☐ Heat to boiling. Stir in noodles. Cover and cook over medium heat 5 minutes.
- ☐ Stir in pea pods and bell pepper. Cover and cook 5 to 8 minutes, stirring occasionally, until vegetables and noodles are tender.
- ☐ Sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:39.3, Glycemic Load:7.37, Inflammation Score:-8, Nutrition Score:25.533478374067%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 465.87kcal (23.29%), Fat: 12.9g (19.84%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 52.35g (17.45%), Net Carbohydrates: 49.3g (17.93%), Sugar: 26.64g (29.61%), Cholesterol: 91.36mg (30.45%), Sodium: 1067.98mg (46.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.58g (65.15%), Selenium: 50.7µg (72.42%), Vitamin C: 58.94mg (71.44%), Vitamin B6: 1.09mg (54.73%), Vitamin B1: 0.7mg (46.45%), Phosphorus: 399.74mg (39.97%), Vitamin B3: 7.95mg (39.77%), Manganese: 0.54mg (26.89%), Vitamin A: 1261.91IU (25.24%), Vitamin K: 24.59µg (23.42%), Zinc: 3.24mg (21.57%), Vitamin B2: 0.36mg (21.44%), Magnesium: 84.2mg (21.05%), Potassium: 730.52mg (20.87%), Copper: 0.38mg (19.11%), Iron: 2.96mg (16.44%), Vitamin B5: 1.61mg (16.08%), Fiber: 3.05g (12.19%),

Vitamin B12: 0.66µg (11.01%), Folate: 41.77µg (10.44%), Vitamin E: 1.28mg (8.54%), Calcium: 47.51mg (4.75%), Vitamin D: 0.52µg (3.45%)