



Szechuan Pork

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup bell pepper strips red (1 small pepper)
- ☐ 1 tablespoon sriracha (such as Lee Kum Kee)
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 0.8 cup diagonally cut green onions (2-inch) (4 green onions)
- ☐ 1 teaspoon bottled ground ginger fresh (such as Spice World)
- ☐ 1 pound pork tenderloin trimmed cut into 2-inch strips
- ☐ 1.5 tablespoons soya sauce low-sodium

- ☐ 1 tablespoon peanut butter
- ☐ 6 ounces soba noodles uncooked (buckwheat)

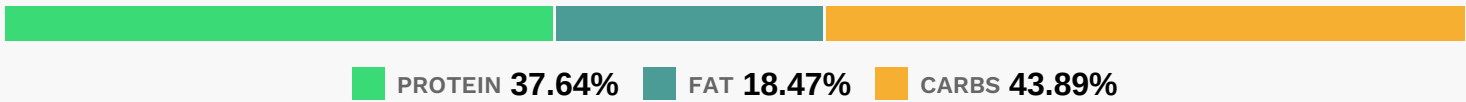
Equipment

- ☐ frying pan

Directions

- ☐ Cook noodles according to package directions.
- ☐ Drain and rinse with cold water; drain.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add pork, chili garlic sauce, and ginger to pan; stir-fry for 2 minutes.
- ☐ Add bell pepper to pan; stir-fry 2 minutes.
- ☐ Add broth, soy sauce, and peanut butter to pan. Reduce heat to low; cook for 1 minute or until sauce is slightly thick. Stir in onions.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:17.39, Inflammation Score:-8, Nutrition Score:27.169999983%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 331.9kcal (16.6%), Fat: 6.99g (10.75%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 35.83g (13.03%), Sugar: 2.84g (3.15%), Cholesterol: 73.71mg (24.57%), Sodium: 901.14mg (39.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.06g (64.11%), Vitamin B1: 1.37mg (91.36%), Vitamin B6: 1.11mg (55.42%), Selenium: 35.85µg (51.22%), Vitamin B3: 10.04mg (50.22%), Vitamin C: 39.29mg (47.62%), Manganese: 0.88mg (43.97%), Phosphorus: 428.23mg (42.82%), Vitamin K: 40.47µg (38.54%), Vitamin B2: 0.51mg (29.87%), Magnesium: 90.23mg (22.56%), Vitamin A: 1061.81IU (21.24%), Zinc: 3.18mg (21.22%), Potassium: 724.85mg (20.71%),

Iron: 2.93mg (16.26%), Vitamin B5: 1.55mg (15.49%), Folate: 56.65µg (14.16%), Copper: 0.25mg (12.25%), Vitamin B12: 0.61µg (10.11%), Vitamin E: 1.21mg (8.07%), Fiber: 1.55g (6.2%), Calcium: 40.91mg (4.09%), Vitamin D: 0.23µg (1.51%)