



Teriyaki Pork and Vegetables with Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons sriracha (such as Lee Kum Kee)
- ☐ 1 tablespoon sesame oil dark
- ☐ 4 green onions
- ☐ 12 ounce center-cut loin pork chops boneless cut into 1/4-inch strips (1/)
- ☐ 1 cup bell pepper red thinly sliced
- ☐ 3.5 ounce mushroom caps sliced
- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 0.3 cup teriyaki sauce low-sodium

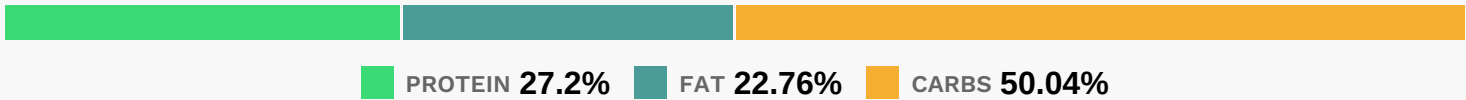
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain, reserving 1/4 cup cooking liquid; keep warm.
- ☐ Remove green tops from green onions; thinly slice, and set aside. Mince white portions of green onions; set aside.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add minced green onions, bell pepper, pork, and mushrooms; saut 3 minutes or until pork is browned.
- ☐ Combine reserved 1/4 cup cooking liquid, teriyaki sauce, and chili garlic sauce in a small bowl, stirring with a whisk.
- ☐ Add pasta and teriyaki sauce mixture to pan; toss well to coat. Stir in sliced green onion tops.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:18.01, Inflammation Score:-8, Nutrition Score:24.834782444912%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 422.24kcal (21.11%), Fat: 10.52g (16.18%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 52.05g (17.35%), Net Carbohydrates: 48.29g (17.56%), Sugar: 8.2g (9.11%), Cholesterol: 56.98mg (18.99%), Sodium: 1214.72mg (52.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.29g (56.58%), Selenium: 65.77µg (93.96%), Vitamin

C: 49.94mg (60.53%), Vitamin B3: 9.45mg (47.26%), Vitamin B6: 0.91mg (45.52%), Vitamin B1: 0.66mg (43.73%), Phosphorus: 378.24mg (37.82%), Manganese: 0.64mg (32.19%), Vitamin K: 27.2µg (25.9%), Vitamin A: 1289.34IU (25.79%), Magnesium: 78.63mg (19.66%), Potassium: 684.8mg (19.57%), Vitamin B2: 0.3mg (17.84%), Zinc: 2.54mg (16.91%), Fiber: 3.76g (15.02%), Copper: 0.29mg (14.35%), Vitamin B5: 1.41mg (14.1%), Iron: 2.01mg (11.17%), Folate: 40.17µg (10.04%), Vitamin B12: 0.45µg (7.51%), Vitamin E: 0.88mg (5.84%), Calcium: 35.6mg (3.56%), Vitamin D: 0.44µg (2.93%)