



Vietnamese Caramelized Pork and Rice Noodle Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



342 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup bean sprouts
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons brown sugar
- ☐ 1 cup carrots
- ☐ 1 cup cucumber english peeled
- ☐ 0.5 cup roasted peanuts chopped
- ☐ 1.5 tablespoons fish sauce

- ☐ 2 teaspoons fish sauce
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 3 garlic clove minced
- ☐ 0.3 teaspoon garlic powder
- ☐ 4.5 tablespoons granulated sugar
- ☐ 1 pound pork tenderloins trimmed
- ☐ 2 cups red-leaf lettuce red thinly sliced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 6 ounce vermicelli
- ☐ 3 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon sriracha such as huy fong) hot
- ☐ 1 teaspoon sriracha such as huy fong) hot
- ☐ 0.8 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ grill
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ To prepare dressing, combine the first 8 ingredients in a small saucepan; cook over medium heat 5 minutes or just until sugar dissolves.
- ☐ Remove from heat; cool.
- ☐ To prepare salad, place vermicelli in a large bowl. Cover with boiling water.
- ☐ Let stand 20 minutes or until tender.
- ☐ Drain and rinse under cold water; drain.
- ☐ Prepare grill.
- ☐ Cut tenderloin in half lengthwise.
- ☐ Cut each piece in half crosswise.
- ☐ Place each pork piece between 2 sheets of plastic wrap; pound to an even thickness using a meat mallet or small heavy skillet.
- ☐ Combine 2 teaspoons fish sauce and 1 teaspoon Sriracha; drizzle over pork.
- ☐ Sprinkle evenly with garlic powder, salt, and pepper. Pat brown sugar onto pork.
- ☐ Place pork on a grill rack coated with cooking spray. Grill 12 minutes or until slightly pink in center, turning pieces occasionally to prevent burning.
- ☐ Place pork on a cutting board; let stand 5 minutes.
- ☐ Cut across grain into very thin slices.
- ☐ Combine vermicelli, lettuce, and next 6 ingredients (through mint) in a large bowl.
- ☐ Pour dressing over salad; toss well. Top with pork and nuts.
- ☐ Serve with lime wedges, if desired.
- ☐ Beer note: Try a Belgian white beer, a light-bodied wheat beer that both refreshes and invigorates. The widely available Hoegaarden White (\$8 for a six-pack) has a sweet-tart balance and includes subtle additions of orange peel and coriander--ingredients that bring their own exotic spice to this dish's mlang of Asian flavors. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:68.15, Glycemic Load:20.56, Inflammation Score:-10, Nutrition Score:22.123912852743%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 341.87kcal (17.09%), Fat: 7.97g (12.27%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 46.35g (15.45%), Net Carbohydrates: 43.4g (15.78%), Sugar: 17.24g (19.16%), Cholesterol: 49.14mg (16.38%), Sodium: 805.83mg (35.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.82g (43.65%), Vitamin A: 4494.74IU (89.89%), Vitamin B1: 0.85mg (56.68%), Selenium: 29.82µg (42.6%), Vitamin B3: 7.56mg (37.81%), Vitamin B6: 0.74mg (37.17%), Manganese: 0.64mg (32.12%), Phosphorus: 308.51mg (30.85%), Vitamin K: 30.88µg (29.41%), Vitamin B2: 0.34mg (19.9%), Magnesium: 70.29mg (17.57%), Potassium: 608.2mg (17.38%), Zinc: 2.15mg (14.31%), Copper: 0.25mg (12.67%), Fiber: 2.95g (11.81%), Folate: 43.46µg (10.87%), Iron: 1.93mg (10.7%), Vitamin B5: 1.06mg (10.56%), Vitamin C: 8.44mg (10.23%), Vitamin B12: 0.42µg (6.95%), Calcium: 57.86mg (5.79%), Vitamin E: 0.39mg (2.57%), Vitamin D: 0.15µg (1.01%)