



Vietnamese Noodle Bowl

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 1.5 tablespoons fish sauce
- ☐ 0.3 cup basil leaves fresh thinly sliced
- ☐ 1.3 pound pork tenderloin trimmed cut into 1/4-inch slices
- ☐ 1 lime cut into 6 wedges
- ☐ 4.5 cups chicken broth reduced-sodium
- ☐ 0.3 onion red thinly sliced
- ☐ 12 ounces rice noodles

- ☐ 4 cups slaw mix
- ☐ 1 teaspoon wheat-free tamari gluten-free reduced-sodium (for)

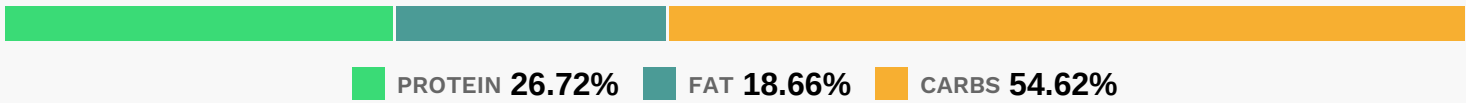
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Prepare the noodles according to package directions, and divide them between 6 serving bowls. Top with slaw mix and onion.While the noodles are cooking, combine the chicken broth, fish sauce, and soy sauce in a saucepan and bring to a boil over medium-high heat. Reduce the heat to very low, to keep the broth just below a simmer.
- ☐ Heat the oil in a very large skillet over medium-high heat.
- ☐ Add the pork and cook until browned and cooked to 145°F, 1 to 2 minutes per side (you may have to do this in batches).
- ☐ Let stand at room temperature for three minutes. Arrange the pork on top of the noodle bowls.Ladle in piping-hot broth, garnish with basil and lime wedges, and serve.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:27.9, Inflammation Score:-4, Nutrition Score:21.061739071556%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 398.09kcal (19.9%), Fat: 8.18g (12.58%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 53.86g (17.95%), Net Carbohydrates: 51.38g (18.68%), Sugar: 2.28g (2.53%), Cholesterol: 61.42mg (20.47%), Sodium: 598.47mg (26.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.35g (52.7%), Vitamin B1: 1mg (66.39%), Selenium: 38.29µg (54.7%), Vitamin B3: 9.13mg (45.63%), Vitamin B6: 0.85mg (42.47%), Vitamin K: 43.03µg (40.98%), Phosphorus: 390.99mg (39.1%), Vitamin C: 20.87mg (25.3%), Vitamin B2: 0.41mg (24.32%), Manganese: 0.4mg (20.18%), Potassium: 662.54mg (18.93%), Zinc: 2.51mg (16.74%), Magnesium: 49.91mg (12.48%), Copper: 0.24mg (12.2%), Iron: 2.07mg (11.49%), Vitamin B12: 0.68µg (11.34%), Fiber: 2.49g (9.95%), Vitamin B5: 0.97mg (9.67%), Vitamin E: 1.13mg (7.54%), Folate: 26.87µg (6.72%), Calcium: 49.37mg (4.94%), Vitamin A: 104.7IU (2.09%), Vitamin D: 0.19µg (1.26%)