



## Vietnamese Pork Tenderloin

 Dairy Free

READY IN



83 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 16 basil
- ☐ 16 boston lettuce leaves ( 2 heads)
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup carrots grated
- ☐ 1 cup cilantro leaves
- ☐ 0.3 cup roasted peanuts unsalted finely chopped
- ☐ 1 cup cucumber english sliced

- ☐ 2.5 tablespoons fish sauce divided
- ☐ 1 cup bean sprouts fresh
- ☐ 1 teaspoon garlic minced
- ☐ 2 garlic clove
- ☐ 1 inch ginger peeled halved
- ☐ 1 pound pork tenderloins trimmed
- ☐ 0.3 cup juice of lemon fresh
- ☐ 4 inch lemon grass fresh halved
- ☐ 1 tablespoon soy sauce
- ☐ 16 mint leaves
- ☐ 2 ounces vermicelli
- ☐ 0.3 cup rice vinegar
- ☐ 1 serrano chiles divided thinly sliced
- ☐ 1 shallots halved
- ☐ 2 tablespoons sugar
- ☐ 2 thai chile thinly sliced

## Equipment

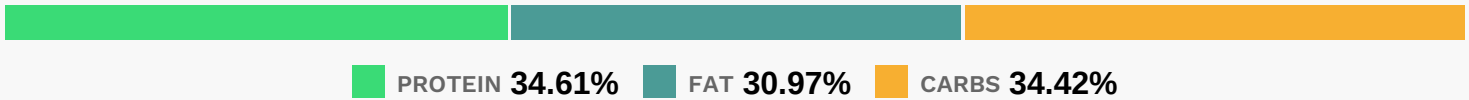
- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

## Directions

- ☐ Combine first 6 ingredients in a mini food processor; pulse until coarsely ground. With processor on, add soy sauce, 1 tablespoon fish sauce, and oil; process until blended.
- ☐ Combine mixture and pork in a zip-top plastic bag; seal and marinate in refrigerator 1 hour, turning occasionally.

- ☐ Combine carrot and sugar in a medium bowl; let stand 10 minutes.
- ☐ Add juice, vinegar, 1 1/2 tablespoons fish sauce, minced garlic, and 1 sliced chile; stir until sugar dissolves.
- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Drain and rinse with cold water; drain well.
- ☐ Preheat grill to high heat.
- ☐ Remove pork from marinade; discard marinade. Thread pork evenly onto 6 (12-inch) skewers.
- ☐ Place skewers on grill rack coated with cooking spray; grill 2 minutes on each side or until lightly charred.
- ☐ Top each lettuce leaf evenly with pork, noodles, and remaining ingredients.
- ☐ Serve with dipping sauce.

## Nutrition Facts



## Properties

Glycemic Index:115.98, Glycemic Load:11.83, Inflammation Score:-10, Nutrition Score:34.281303768573%

## Flavonoids

Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 2.61mg, Hesperetin: 2.61mg, Hesperetin: 2.61mg, Hesperetin: 2.61mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

## Nutrients (% of daily need)

Calories: 356.63kcal (17.83%), Fat: 12.46g (19.17%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 31.16g (10.39%), Net Carbohydrates: 27.27g (9.92%), Sugar: 10.11g (11.23%), Cholesterol: 73.71mg (24.57%), Sodium: 1183.84mg (51.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.32g (62.64%), Vitamin K: 98.47µg (93.78%), Vitamin A: 4363.67IU (87.27%), Vitamin B1: 1.27mg (84.84%), Vitamin B6: 1.15mg (57.63%), Selenium: 40.28µg (57.54%), Manganese: 1.09mg (54.69%), Vitamin B3: 10.55mg (52.76%), Phosphorus: 422.62mg (42.26%), Vitamin B2: 0.54mg (31.59%), Potassium: 1005.59mg (28.73%), Magnesium: 106.65mg (26.66%), Folate: 104.85µg (26.21%), Vitamin C: 21.34mg (25.86%), Zinc: 3.12mg (20.8%), Iron: 3.67mg (20.4%), Copper: 0.34mg (17.08%), Vitamin B5: 1.56mg (15.55%), Fiber: 3.88g (15.54%), Vitamin B12: 0.63µg (10.54%), Calcium: 88.21mg (8.82%), Vitamin E: 1.26mg

(8.41%), Vitamin D: 0.23µg (1.51%)