



Asian Pork and Noodle Soup

 Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pork sirloin roast boneless cut into 1/2-inch pieces
- 2 cloves garlic finely chopped
- 2 teaspoons ginger finely chopped
- 3.5 cups chicken broth (from 32-oz carton)
- 2 cups water
- 2 tablespoons soya sauce
- 4 ounces extra wide egg noodles uncooked fine
- 0.5 cup carrots sliced

0.5 cup bell pepper red chopped

2 cups pkt spinach fresh

Equipment

sauce pan

Directions

Spray 3-quart saucepan with cooking spray; heat over medium-high heat.

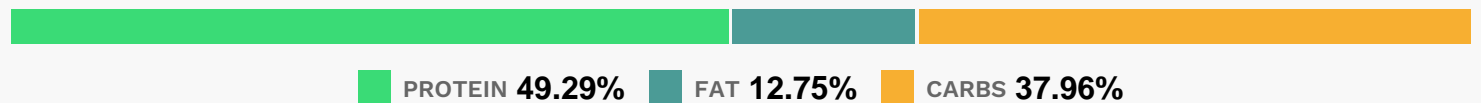
Add pork, garlic and gingerroot; stir-fry 3 to 5 minutes or until pork is brown.

Stir in broth, water and soy sauce.

Heat to boiling; reduce heat. Simmer uncovered 5 minutes. Stir in noodles, carrot and bell pepper. Simmer uncovered about 10 minutes or until noodles are tender.

Stir in spinach; cook until heated through.

Nutrition Facts



Properties

Glycemic Index:42.97, Glycemic Load:7.61, Inflammation Score:-10, Nutrition Score:23.881739064403%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 218.1kcal (10.91%), Fat: 3.05g (4.68%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 18.61g (6.77%), Sugar: 2.56g (2.85%), Cholesterol: 78.59mg (26.2%), Sodium: 1086.56mg (47.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Vitamin A: 3747.59IU (74.95%), Selenium: 42.86µg (61.23%), Vitamin K: 60.51µg (57.63%), Vitamin B1: 0.7mg (46.61%), Vitamin B3: 8.01mg (40.05%), Vitamin B6: 0.79mg (39.45%), Phosphorus: 297.41mg (29.74%), Vitamin B2: 0.5mg (29.21%), Vitamin C: 23.61mg (28.62%), Manganese: 0.48mg (23.91%), Potassium: 609.67mg (17.42%), Zinc: 2.6mg (17.33%), Magnesium: 54.75mg (13.69%), Vitamin B5: 1.16mg (11.64%), Iron: 1.9mg (10.53%), Copper: 0.21mg (10.35%), Folate: 40.56µg (10.14%), Vitamin B12: 0.58µg (9.66%), Fiber: 1.78g (7.13%), Vitamin E: 0.79mg (5.26%), Calcium: 42.78mg (4.28%)