



Asian Pork-and-Noodle Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 stick cinnamon (3-inch)
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2 garlic cloves thinly sliced
- ☐ 2 green onions cut into 2-inch pieces
- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 14.3 ounce low-salt beef broth canned

- ☐ 6 ounces pork tenderloin
- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 cup shiitake mushroom caps fresh thinly sliced
- ☐ 2 ounces soba uncooked (buckwheat noodles)
- ☐ 2 cups water
- ☐ 0.5 cup water chestnuts drained sliced

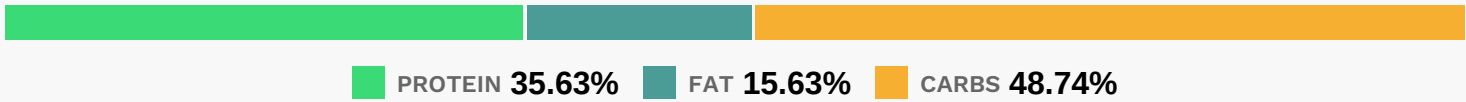
Equipment

- ☐ sauce pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Bring first 9 ingredients to a boil in a large saucepan; reduce heat, and simmer for 30 minutes.
- ☐ Preheat broiler.
- ☐ Sprinkle pork with pepper; place on a broiler pan coated with cooking spray. Broil 7 minutes on each side or until done. Cool slightly; cut pork into strips.
- ☐ Bring broth mixture to a boil; add soba noodles. Cook 6 minutes or until tender. Stir in pork, vinegar, and oil.

Nutrition Facts



Properties

Glycemic Index:124, Glycemic Load:9.98, Inflammation Score:-6, Nutrition Score:23.550434610118%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 291.05kcal (14.55%), Fat: 5.23g (8.05%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 36.72g (12.24%), Net Carbohydrates: 29.6g (10.76%), Sugar: 3.22g (3.58%), Cholesterol: 55.28mg (18.43%), Sodium: 528.89mg (23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.68%), Vitamin B1: 0.89mg (59.47%), Vitamin B6: 0.99mg (49.31%), Manganese: 0.94mg (47.23%), Vitamin B3: 9.17mg (45.85%), Selenium: 30.97µg (44.25%), Phosphorus: 368.79mg (36.88%), Potassium: 1125.93mg (32.17%), Vitamin B2: 0.51mg (30%), Copper: 0.58mg (29.21%), Fiber: 7.12g (28.47%), Magnesium: 107.64mg (26.91%), Vitamin K: 25.95µg (24.71%), Zinc: 3.06mg (20.39%), Vitamin B5: 1.65mg (16.55%), Iron: 2.76mg (15.34%), Vitamin B12: 0.44µg (7.37%), Folate: 26.37µg (6.59%), Calcium: 54.81mg (5.48%), Vitamin C: 4.44mg (5.38%), Vitamin E: 0.76mg (5.1%), Vitamin A: 127.46IU (2.55%), Vitamin D: 0.37µg (2.45%)