



 **97%**
HEALTH SCORE

Carrot Ginger Soup with Kellogg'sandreg; All-Branandreg; Crusted Pork Tenderloin Croutons

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1065 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups all-bran cereal
- 2 tablespoons butter
- 2 carrots diced peeled
- 1 cup chicken stock see
- 4 large eggs beaten
- 2 cups flour all-purpose

- 2 cloves garlic minced
- 1 tablespoon ginger grated
- 0.5 cup heavy whipping cream
- 1 pork tenderloin cut into 1-inch cubes
- 6 servings salt and pepper black freshly ground
- 2 shallots minced
- 3 tablespoons cooking sherry
- 4 cups vegetable oil

Equipment

- food processor
- bowl
- sauce pan
- ladle
- wire rack
- pot
- immersion blender

Directions

- In a saucepan over medium heat, melt the butter.
- Add the carrots, shallots, garlic and ginger and sweat until very soft.
- Add the sherry and deglaze.
- Add the chicken stock, bring to a simmer and cook for 15 minutes. Using an immersion blender or food processor, puree the soup until smooth. Stir in the cream and season with salt and pepper. Keep warm on low heat.
- Heat the oil in a medium pot to 350 degrees F.
- Sprinkle the pork with salt and pepper. Dredge in the flour and shake off the excess. Dip into the beaten egg, then in the All-Bran cereal and set aside on a wire rack. Fry the pork cubes until golden brown, 5 to 7 minutes.

To serve, ladle the soup into a bowl and garnish with 3 pork croutons. Have more croutons on a side plate for those who would like more.

Nutrition Facts



PROTEIN 28.51% **FAT 46.48%** **CARBS 25.01%**

Properties

Glycemic Index:56.42, Glycemic Load:32.44, Inflammation Score:-10, Nutrition Score:67.155217336572%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1064.59kcal (53.23%), Fat: 56.84g (87.45%), Saturated Fat: 16.67g (104.17%), Carbohydrates: 68.83g (22.94%), Net Carbohydrates: 54.69g (19.89%), Sugar: 9.66g (10.73%), Cholesterol: 354.16mg (118.05%), Sodium: 420.33mg (18.28%), Alcohol: 0.77g (100%), Alcohol %: 0.15% (100%), Protein: 78.46g (156.92%), Vitamin B6: 7.45mg (372.72%), Vitamin B1: 4.29mg (285.8%), Manganese: 3.49mg (174.66%), Selenium: 121.66µg (173.79%), Vitamin B12: 9.68µg (161.32%), Folate: 643.26µg (160.82%), Vitamin B2: 2.59mg (152.14%), Vitamin B3: 29.47mg (147.37%), Phosphorus: 1359.98mg (136%), Vitamin A: 4715.37IU (94.31%), Zinc: 11.72mg (78.11%), Iron: 13.05mg (72.5%), Magnesium: 253.37mg (63.34%), Vitamin K: 59.83µg (56.98%), Fiber: 14.14g (56.57%), Potassium: 1870.72mg (53.45%), Copper: 0.83mg (41.52%), Vitamin B5: 3.81mg (38.11%), Vitamin E: 4.35mg (29.03%), Vitamin D: 3.67µg (24.46%), Calcium: 232.16mg (23.22%), Vitamin C: 10.7mg (12.97%)