



Gingered Cabbage Soup with Pork and Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1.5 quarts chicken broth low-sodium homemade canned
- 1 tablespoon ginger fresh minced peeled smashed halved lengthwise
- 0.3 cup parsley fresh chopped
- 3 cups cabbage shredded green ()
- 2 teaspoons juice of lemon
- 1 onion chopped

- 1 pound pork tenderloin cut into approximately 1 1/2-inch-long-by-1/4-inch-wide strips
- 1 pound potatoes boiling peeled cut into 1/2-inch cubes (3)
- 2 teaspoons salt

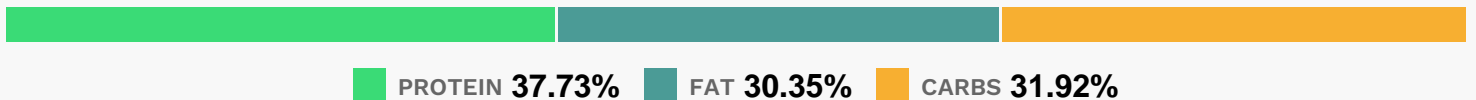
Equipment

- pot

Directions

- In a large pot, melt the butter over moderately low heat.
- Add the onion and cook, stirring occasionally, until starting to soften, about 3 minutes. Stir in the minced ginger and the cabbage and cook for 1 minute longer.
- Add the broth, potatoes, smashed ginger, and 1 teaspoon of the salt. Bring to a boil. Reduce the heat and simmer until the potatoes are tender, about 10 minutes.
- Stir in the pork and the remaining 1 teaspoon salt. Cook until the pork is just done, about 3 minutes. Stir in the lemon juice and parsley.
- Remove the pieces of smashed ginger before serving.
- Fresh Ginger: You'll want to use really fresh ginger here; it's integral to the flavoring of the soup. Look for a piece that has taut skin and is firm to the touch. After the ginger is peeled(the easiest way is to scrape the peel off with a spoon), its color should be pale yellow. If the ginger is blueish green instead, chances are the piece is old and won't have the vibrant flavor you're looking for.
- Wine Recommendation: Tokay Pinot Gris is full and very rich, with gentle acidity and a nutty flavor. You'll be surprised how well it performs here.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:1.41, Inflammation Score:-7, Nutrition Score:30.782174276269%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 349.85kcal (17.49%), Fat: 12.1g (18.61%), Saturated Fat: 5.65g (35.32%), Carbohydrates: 28.63g (9.54%), Net Carbohydrates: 24.75g (9%), Sugar: 4.9g (5.44%), Cholesterol: 88.76mg (29.59%), Sodium: 1406.5mg (61.15%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 33.84g (67.69%), Vitamin K: 105.29µg (100.28%), Vitamin B1: 1.25mg (83.65%), Vitamin B3: 13.88mg (69.41%), Vitamin B6: 1.2mg (60.07%), Selenium: 35.31µg (50.45%), Phosphorus: 477.47mg (47.75%), Vitamin C: 37.04mg (44.9%), Potassium: 1428.75mg (40.82%), Vitamin B2: 0.56mg (32.9%), Copper: 0.47mg (23.27%), Zinc: 3.05mg (20.32%), Iron: 3.23mg (17.97%), Magnesium: 71.1mg (17.78%), Vitamin B12: 0.96µg (15.94%), Fiber: 3.87g (15.5%), Manganese: 0.31mg (15.43%), Vitamin B5: 1.44mg (14.4%), Folate: 54.81µg (13.7%), Vitamin A: 553.19IU (11.06%), Calcium: 67.67mg (6.77%), Vitamin E: 0.54mg (3.63%), Vitamin D: 0.34µg (2.27%)