



Green Abundance

 Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



6

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets
- 12 brussels sprouts
- 3 cups cabbage shredded
- 0.5 teaspoon basil dried
- 0.3 teaspoon thyme leaves dried
- 3 cloves garlic minced
- 1 bell pepper green seeded chopped
- 3 green onions chopped

- 4 leeks chopped
- 0.5 teaspoon oregano dried
- 1 pound pork loin cubed
- 4 medium potatoes cubed peeled
- 0.5 cup red wine
- 6 servings salt and pepper to taste
- 1 tablespoon vegetable oil
- 2 quarts water

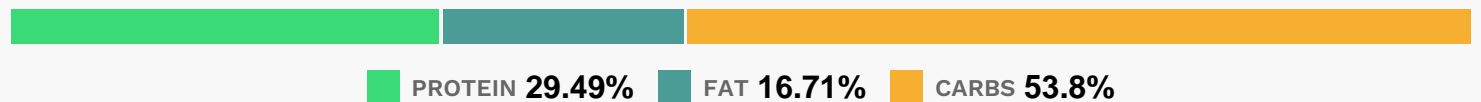
Equipment

- pot

Directions

- Heat oil in a large soup pot over medium-high heat.
- Add cubed pork, and fry until browned on all sides.
- Add cabbage, potatoes, green pepper, broccoli, Brussels sprouts, green onions, leeks and garlic. Season with thyme, basil and oregano.
- Pour in the red wine and water.
- Cover, and simmer over low heat for 2 hours, until everything is tender. Season to taste with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:52.63, Glycemic Load:22.41, Inflammation Score:-9, Nutrition Score:32.058261207912%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg,

Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg
Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg,
Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 1.6mg, Naringenin: 1.6mg, Naringenin:
1.6mg, Naringenin: 1.6mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin:
1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol:
5.6mg, Kaempferol: 5.6mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin:
4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Galocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 326.64kcal (16.33%), Fat: 5.97g (9.18%), Saturated Fat: 1.44g (9%), Carbohydrates: 43.24g (14.41%), Net
Carbohydrates: 35.3g (12.84%), Sugar: 6.66g (7.4%), Cholesterol: 47.63mg (15.88%), Sodium: 295.54mg (12.85%),
Alcohol: 2.12g (100%), Alcohol %: 0.36% (100%), Protein: 23.7g (47.4%), Vitamin K: 176.73µg (168.31%), Vitamin C:
124.83mg (151.31%), Vitamin B6: 1.39mg (69.44%), Manganese: 0.86mg (43.06%), Vitamin B1: 0.6mg (39.93%),
Potassium: 1377.89mg (39.37%), Vitamin B3: 6.83mg (34.16%), Phosphorus: 340.78mg (34.08%), Selenium: 23.73µg
(33.9%), Vitamin A: 1640.5IU (32.81%), Fiber: 7.94g (31.77%), Folate: 124.87µg (31.22%), Magnesium: 98.49mg
(24.62%), Iron: 4.14mg (23.02%), Copper: 0.4mg (19.75%), Vitamin B2: 0.31mg (18.15%), Zinc: 2.33mg (15.54%),
Vitamin B5: 1.47mg (14.73%), Calcium: 125.56mg (12.56%), Vitamin E: 1.62mg (10.78%), Vitamin B12: 0.39µg (6.43%),
Vitamin D: 0.3µg (2.02%)