



Kimchi Jjigae (Kimchi-Pork Soup)

 Gluten Free  Dairy Free

READY IN



44 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon sesame oil dark
- 14 ounce water-packed extra-firm tofu drained
- 1 tablespoon garlic fresh minced
- 0.5 cup green onions diagonally sliced
- 1.5 cups kimchi (with some juice) chopped
- 2 tablespoons coarsely ground korean chile (gochugaru)
- 1 pound center-cut pork loin chop bone-in
- 3 cups water

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Cut bone from pork; reserve bone.
- Cut meat across the grain into very thin slices.
- Place pork in a medium bowl.
- Add chile, garlic, and oil; toss well to coat.
- Let stand at room temperature for 10 minutes.
- Heat a large saucepan over medium-high heat.
- Add pork mixture; saut 3 minutes or until pork is lightly browned, stirring frequently.
- Remove pork from pan.
- Add reserved bone and kimchi to pan; cook 2 minutes, stirring frequently.
- Add 3 cups water; bring to a boil. Reduce heat, and simmer, uncovered, for 20 minutes.
- Cut tofu into 1/2-inch-thick slices; cut slices crosswise into 3/4-inch pieces.
- Remove bone from soup. Return pork mixture to soup.
- Add tofu to soup; simmer 5 minutes.
- Sprinkle with green onions.

Nutrition Facts

 **PROTEIN 46.42%**  **FAT 44.35%**  **CARBS 9.23%**

Properties

Glycemic Index:15.5, Glycemic Load:0.38, Inflammation Score:-8, Nutrition Score:22.578695846641%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 286.01kcal (14.3%), Fat: 14.08g (21.65%), Saturated Fat: 3.71g (23.16%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 4.04g (1.47%), Sugar: 2.04g (2.26%), Cholesterol: 75.98mg (25.33%), Sodium: 408.52mg (17.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.15g (66.3%), Vitamin B1: 0.86mg (57.33%), Selenium: 38.93µg (55.61%), Vitamin B6: 1.04mg (52.11%), Vitamin B3: 10.31mg (51.55%), Vitamin K: 49.42µg (47.06%), Phosphorus: 385.54mg (38.55%), Vitamin A: 1355.45IU (27.11%), Vitamin B2: 0.38mg (22.58%), Potassium: 761.42mg (21.75%), Iron: 3.74mg (20.76%), Magnesium: 73.05mg (18.26%), Zinc: 2.71mg (18.06%), Copper: 0.36mg (17.85%), Vitamin E: 1.84mg (12.27%), Fiber: 2.55g (10.19%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.88mg (8.81%), Calcium: 84.07mg (8.41%), Folate: 31.6µg (7.9%), Manganese: 0.13mg (6.47%), Vitamin C: 3mg (3.64%), Vitamin D: 0.45µg (3.02%)