

# Lazy Pork Hot Pot

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



139 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 5 medium garlic cloves garlic smashed
- 2 inch ginger sliced
- 3 green onions thinly sliced for serving
- 6 cups chicken broth low-sodium
- 0.8 pound pork tenderloin thinly sliced
- 0.3 cup cooking sherry
- 4 ounces mushroom caps thinly sliced
- 6 tablespoons soya sauce

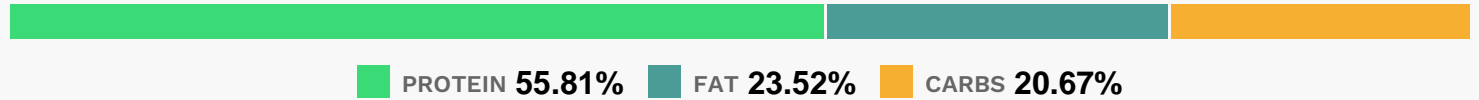
# Equipment

pot

# Directions

- Combine broth, sherry, soy, garlic, ginger, and mushroom stems in a medium pot. Bring to a boil over high heat then reduce heat to low and simmer until broth is infused with flavors, about 30 minutes.
- Strain broth, return to pot over high heat, add broth and bring to a boil. Reduce heat to low, add pork and mushrooms and cook until pork is just cooked through, about 3 minutes.
- Garnish with green onions and sesame oil, if using, and serve.

# Nutrition Facts



# Properties

Glycemic Index:23.17, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:12.846956377444%

# Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

# Nutrients (% of daily need)

Calories: 138.74kcal (6.94%), Fat: 3.57g (5.49%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 6.19g (2.25%), Sugar: 1.36g (1.51%), Cholesterol: 36.85mg (12.28%), Sodium: 1109.65mg (48.25%), Alcohol: 1.03g (100%), Alcohol %: 0.37% (100%), Protein: 19.06g (38.12%), Vitamin B3: 8.5mg (42.51%), Vitamin B1: 0.58mg (38.64%), Vitamin B6: 0.59mg (29.61%), Selenium: 18.82µg (26.88%), Phosphorus: 261.78mg (26.18%), Vitamin B2: 0.34mg (20.01%), Potassium: 564.77mg (16.14%), Copper: 0.24mg (12%), Vitamin K: 12.5µg (11.91%), Zinc: 1.64mg (10.94%), Manganese: 0.21mg (10.48%), Iron: 1.72mg (9.58%), Vitamin B12: 0.53µg (8.85%), Vitamin B5: 0.85mg (8.54%), Magnesium: 32.48mg (8.12%), Fiber: 0.87g (3.49%), Calcium: 26.94mg (2.69%), Folate: 9.97µg (2.49%), Vitamin C: 2.02mg (2.45%), Vitamin D: 0.25µg (1.64%), Vitamin A: 61.18IU (1.22%), Vitamin E: 0.17mg (1.11%)