



Minh-ai's Bitter Melon Soup

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



3

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bitter melon
- 1 teaspoon fish sauce to taste
- 0.1 teaspoon garlic powder
- 1 spring onion sliced
- 0.1 teaspoon pepper black
- 0.5 pound ground pork
- 1 teaspoon soya sauce to taste
- 4 cups water

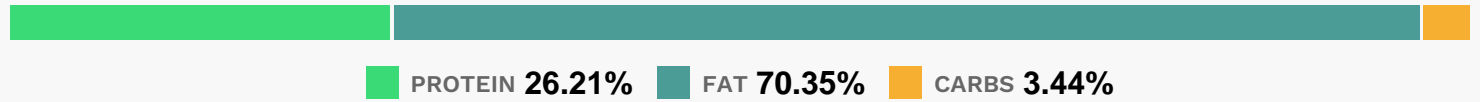
Equipment

- bowl
- sauce pan
- knife
- plastic wrap

Directions

- Combine pork, 2 tablespoons of soy sauce, garlic powder, and pepper in a bowl. Cover the bowl with plastic wrap and refrigerate for 30 minutes to 1 hour. Slice the bitter melon into 1 to 1 1/2 inch thick rounds. Using the tip of a small knife, remove the spongy, seeded interior. Fill each bitter melon ring with the pork mixture, making sure to that each ring is fully stuffed. Form similar sized meatballs with any remaining pork.
- Bring the water to a boil in a saucepan. Drop in the stuffed bitter melon rings and any meatballs. Simmer over medium heat until the bitter melon is tender and easily cut with a spoon, 30 to 45 minutes.
- Remove from heat. Season with 1 teaspoon of soy sauce and fish sauce. Stir in green onions.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:10.574347917152%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 207.9kcal (10.39%), Fat: 16.09g (24.75%), Saturated Fat: 5.95g (37.2%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.2g (0.23%), Cholesterol: 54.43mg (18.14%), Sodium: 329.11mg (14.31%), Alcohol: 0g (100%), Protein: 13.48g (26.97%), Vitamin B1: 0.57mg (38%), Vitamin C: 27.33mg (33.13%), Selenium: 18.92µg (27.02%), Vitamin B3: 3.55mg (17.76%), Vitamin B6: 0.32mg (15.98%), Phosphorus: 146.78mg (14.68%), Zinc: 1.98mg (13.17%), Vitamin B2: 0.2mg (11.63%), Potassium: 332.37mg (9.5%), Vitamin B12: 0.54µg (8.98%), Vitamin K: 8.42µg (8.02%), Folate: 30.11µg (7.53%), Magnesium: 28.13mg (7.03%), Vitamin B5: 0.59mg (5.86%), Iron: 0.94mg

(5.2%), Copper: 0.1mg (5.19%), Fiber: 1.02g (4.08%), Vitamin A: 191.88IU (3.84%), Manganese: 0.07mg (3.4%), Calcium: 30.55mg (3.05%)