



Online Round 2 - Orzo Soup with Pork



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach
- ☐ 4 servings reserved orzo from caprese salad stuffed tomatoes recipe
- ☐ 1 tablespoon canola oil
- ☐ 1 quart chicken broth
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lemon
- ☐ 2 reserved 1/ onion red with peach salsa recipe sliced
- ☐ 4 servings reserved pork chops diced with peach salsa recipe

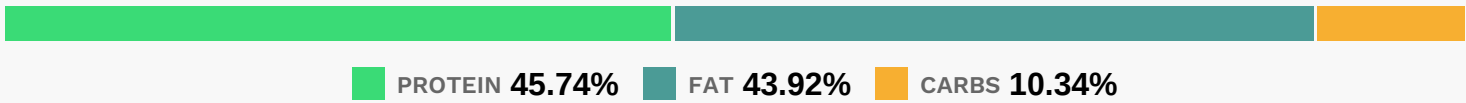
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ In a medium pot over medium heat, add the oil. When the oil is hot, add the onion and cook until softened, about 5 minutes.
- ☐ Add the chicken broth and bring it to a simmer.
- ☐ Add the pork, orzo, and spinach and simmer until heated through and spinach has wilted, about 2 or 3 minutes.
- ☐ Add the lemon juice, taste, and adjust the seasoning with salt and pepper. Ladle the soup into serving bowls and serve hot.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:23.921304049699%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg

Nutrients (% of daily need)

Calories: 279.62kcal (13.98%), Fat: 13.42g (20.65%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 5.8g (2.11%), Sugar: 3.54g (3.94%), Cholesterol: 94.51mg (31.5%), Sodium: 958.38mg (41.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.46g (62.92%), Vitamin K: 75.35µg (71.76%), Vitamin B1: 0.98mg (65.46%), Selenium: 45.74µg (65.34%), Vitamin B3: 11.41mg (57.03%), Vitamin B6: 1.07mg (53.51%),

Phosphorus: 336.26mg (33.63%), Vitamin A: 1420.23IU (28.4%), Vitamin B2: 0.43mg (25.4%), Potassium: 713.67mg (20.39%), Manganese: 0.34mg (16.88%), Zinc: 2.42mg (16.14%), Magnesium: 55.07mg (13.77%), Vitamin B12: 0.76µg (12.63%), Vitamin C: 9.82mg (11.9%), Vitamin B5: 1.08mg (10.8%), Folate: 40.37µg (10.09%), Vitamin E: 1.21mg (8.08%), Copper: 0.15mg (7.73%), Iron: 1.38mg (7.69%), Fiber: 1.31g (5.25%), Calcium: 47.35mg (4.74%), Vitamin D: 0.54µg (3.57%)