



## Pasta, Tofu, Pork, and Chinese Cabbage in Ginger Broth

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



533 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.8 pound cabbage chinese cut into 2-inch pieces
- 3 cups chicken broth low-sodium homemade canned
- 1 tablespoon ginger fresh minced
- 2 cloves garlic minced
- 0.3 cup mirin
- 0.3 pound pork loin chop cut into 1/8-inch slices 1/2 inch wide and 1 1/2 inches long
- 0.3 cup rice-wine vinegar

- 1.5 teaspoons salt
- 3 scallions including tops green sliced
- 2 teaspoons asian sesame oil
- 6 tablespoons soya sauce
- 0.8 pound spaghetti
- 2 teaspoons sugar
- 0.5 pound spicy tofu firm cut into 3/4-inch cubes

## Equipment

- sauce pan
- pot

## Directions

- In a medium stainless-steel saucepan, combine the broth, soy sauce, vinegar, mirin, ginger, garlic, sesame oil, sugar, and salt. Bring just to a simmer, stirring occasionally.
- In a large pot of boiling, salted water cook the spaghetti until almost done, about 8 minutes.
- Drain. Return the pasta to the pot.
- Add the hot ginger broth to the pasta along with the cabbage and tofu. Bring back to a simmer and cook for 1 minute.
- Add the pork and scallions.
- Remove from the heat and let sit until the pork is just done, about 1 minute.
- Wine Recommendation: With an assertive dish like this, the wine should have plenty of acidity and very little delicacy. A California sparkling wine or a Vouvray (made from chenin blanc grapes) would be best.
- Notes: In place of mirin, a sweet low-alcohol Japanese cooking wine, you can use 3 tablespoons sweet sherry, or 3 tablespoons dry sherry plus 1 1/2 tablespoons sugar.

## Nutrition Facts



PROTEIN 23.88%  FAT 16.31%  CARBS 59.81%

## Properties

Glycemic Index:75.27, Glycemic Load:28.17, Inflammation Score:-6, Nutrition Score:21.131739118825%

## Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 532.92kcal (26.65%), Fat: 9.68g (14.89%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 79.87g (26.62%), Net Carbohydrates: 76.18g (27.7%), Sugar: 8.86g (9.84%), Cholesterol: 25.33mg (8.44%), Sodium: 2583.34mg (112.32%), Alcohol: 1.48g (100%), Alcohol %: 0.36% (100%), Protein: 31.89g (63.77%), Selenium: 67.19µg (95.99%), Manganese: 1.14mg (57.23%), Vitamin B3: 8.42mg (42.12%), Phosphorus: 357.39mg (35.74%), Vitamin B6: 0.53mg (26.26%), Copper: 0.49mg (24.65%), Vitamin B1: 0.36mg (23.82%), Iron: 3.8mg (21.12%), Magnesium: 77.39mg (19.35%), Potassium: 652.76mg (18.65%), Vitamin K: 19.01µg (18.11%), Folate: 62.74µg (15.68%), Zinc: 2.26mg (15.06%), Fiber: 3.69g (14.77%), Vitamin B2: 0.25mg (14.48%), Calcium: 139.52mg (13.95%), Vitamin B5: 0.79mg (7.92%), Vitamin A: 315.05IU (6.3%), Vitamin B12: 0.38µg (6.29%), Vitamin C: 4.97mg (6.02%), Vitamin E: 0.23mg (1.51%), Vitamin D: 0.15µg (1.01%)