



Pork and Noodle Soup with Shiitake and Snow Cabbage

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6.5 ounce preserved snow cabbage drained well canned
- ☐ 1 cup bamboo shoot strips canned drained (most of 1 8-ounce can)
- ☐ 1.5 ounces mushroom caps dried (forest mushrooms)
- ☐ 2 inch ginger fresh peeled
- ☐ 6 cups low-salt chicken broth
- ☐ 1 pound shanghai noodles fresh
- ☐ 12 ounces pork butt trimmed cut into 2-inch-long matchstick-size strips

- ☐ 1 tablespoon rice wine dry chinese (rice wine)
- ☐ 1 tablespoon soya sauce
- ☐ 0.8 teaspoon sugar
- ☐ 3 tablespoons vegetable oil divided
- ☐ 1 cup water cold

Equipment

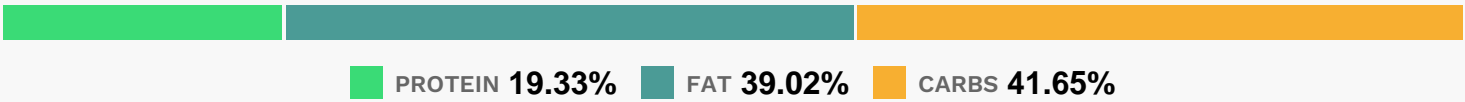
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ wok

Directions

- ☐ Place shiitake mushrooms in medium bowl.
- ☐ Add 1 cup cold water; let soak until soft, about 1 hour.
- ☐ Drain, reserving soaking liquid. Squeeze mushrooms dry.
- ☐ Cut off stems; discard. Thinly slice caps.
- ☐ Combine broth, ginger, and reserved mushroom liquid in large saucepan; bring to boil. Cover and reduce heat to low.
- ☐ Boil noodles in salted water until tender but still firm to bite, about 3 minutes.
- ☐ Drain; divide among 6 bowls.
- ☐ Heat 14-inch-diameter flat-bottomed wok or heavy 12-inch-diameter skillet over high heat until drop of water evaporates on contact.
- ☐ Add 2 tablespoons oil, then pork, spreading evenly. Cook without stirring 20 seconds; then stir-fry pork until no longer pink, about 2 minutes. Stir in rice wine and soy sauce.
- ☐ Transfer to plate.
- ☐ Add remaining 1 tablespoon oil to same wok (do not clean) over high heat.
- ☐ Add mushrooms; stir-fry 1 minute.
- ☐ Add snow cabbage, bamboo shoot strips, and sugar; stir-fry 30 seconds. Stir in pork and any accumulated juices. Stir-fry 1 minute. Top noodles with pork mixture. Divide hot broth among

bowls.

Nutrition Facts



Properties

Glycemic Index:31.02, Glycemic Load:23.56, Inflammation Score:-5, Nutrition Score:25.830869410349%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 655.21kcal (32.76%), Fat: 28.37g (43.64%), Saturated Fat: 8.08g (50.48%), Carbohydrates: 68.11g (22.7%), Net Carbohydrates: 64.04g (23.29%), Sugar: 4.05g (4.5%), Cholesterol: 60.04mg (20.01%), Sodium: 549.59mg (23.9%), Alcohol: 0.4g (100%), Alcohol %: 0.1% (100%), Protein: 31.62g (63.23%), Selenium: 75.13µg (107.33%), Vitamin B3: 9.8mg (48.99%), Manganese: 0.86mg (42.89%), Phosphorus: 418.66mg (41.87%), Copper: 0.8mg (40.05%), Vitamin B1: 0.54mg (35.71%), Vitamin K: 35.92µg (34.21%), Vitamin B6: 0.65mg (32.37%), Vitamin B5: 3.06mg (30.65%), Zinc: 4.3mg (28.64%), Vitamin B2: 0.47mg (27.86%), Potassium: 819.44mg (23.41%), Magnesium: 75.42mg (18.86%), Fiber: 4.07g (16.29%), Vitamin B12: 0.95µg (15.82%), Iron: 2.68mg (14.87%), Vitamin C: 11.61mg (14.07%), Folate: 39.16µg (9.79%), Vitamin E: 1mg (6.65%), Vitamin D: 0.77µg (5.16%), Calcium: 50.58mg (5.06%)