



Pork-and-Tofu Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 2 ribs celery sliced thin
- ☐ 2 tablespoons cooking oil
- ☐ 3 cloves garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.5 teaspoon paprika
- ☐ 1 pound pork chops boneless cut into approximately 1 1/2-by-1/4-by-1/4-inch strips
- ☐ 1 cup rice

- ☐ 1 teaspoon rice-wine vinegar
- ☐ 0.8 teaspoon salt
- ☐ 3 scallions white green chopped
- ☐ 4 teaspoons asian sesame oil
- ☐ 4 teaspoons soya sauce
- ☐ 1 pound spicy tofu firm cut into 1/2-inch cubes
- ☐ 5 cups water
- ☐ 1 zucchini cut into 1/2-inch dice

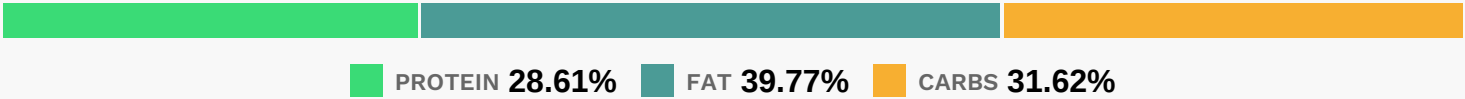
Equipment

- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ pot

Directions

- ☐ Bring a medium pot of salted water to a boil. Stir in the rice and boil until just done, 10 to 12 minutes.
- ☐ Drain.
- ☐ Meanwhile, in a large pot, heat the oil over moderately high heat.
- ☐ Add the pork, the scallion bulbs, the garlic, cayenne, and paprika and cook, stirring frequently, until the pork starts to brown, about 2 minutes.
- ☐ Add the water, celery, zucchini, and salt. Bring to a boil. Reduce the heat and simmer, partially covered, until the vegetables and pork are tender, 15 to 20 minutes. Stir in the soy sauce, sesame oil, vinegar, tofu, and pepper and cook for 5 minutes more.
- ☐ Stir the scallion tops into the soup. Put a mound of rice in the center of each of four bowls. Ladle the soup around the rice.
- ☐ Wine Recommendation: Riesling wines and Asian flavors are truly a match made in heaven. Pay attention, however, to the degree of heat in the food; the more fire, the sweeter the wine should be to cool the burn. Here, a sptlese, preferably from Germany's Pfalz, is in order.

Nutrition Facts



Properties

Glycemic Index:82.3, Glycemic Load:23.18, Inflammation Score:-6, Nutrition Score:23.020434897879%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 559.68kcal (27.98%), Fat: 24.45g (37.61%), Saturated Fat: 4.58g (28.61%), Carbohydrates: 43.73g (14.58%), Net Carbohydrates: 40.93g (14.88%), Sugar: 2.26g (2.51%), Cholesterol: 75.98mg (25.33%), Sodium: 869.25mg (37.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.56g (79.12%), Selenium: 45.16µg (64.51%), Vitamin B1: 0.83mg (55.29%), Vitamin B6: 1.05mg (52.4%), Vitamin B3: 10.42mg (52.1%), Manganese: 0.72mg (36.23%), Phosphorus: 348.86mg (34.89%), Vitamin K: 32.72µg (31.16%), Potassium: 712.63mg (20.36%), Calcium: 200.76mg (20.08%), Vitamin B2: 0.31mg (18.42%), Zinc: 2.58mg (17.19%), Iron: 2.91mg (16.18%), Magnesium: 60.66mg (15.16%), Vitamin B5: 1.49mg (14.93%), Vitamin C: 11.88mg (14.4%), Copper: 0.27mg (13.61%), Vitamin E: 1.75mg (11.7%), Fiber: 2.8g (11.2%), Vitamin B12: 0.6µg (10.02%), Vitamin A: 458.1IU (9.16%), Folate: 29.84µg (7.46%), Vitamin D: 0.45µg (3.02%)