

health-score 67%

HEALTH SCORE

Pork and Udon Noodle Soup

 Dairy Free  Very Healthy

READY IN

ready

335 min.

SERVINGS

servings

4

CALORIES

calories

976 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bean sprouts for garnish
- ☐ 1 head cabbage chinese chopped
- ☐ 4 tablespoons canola oil divided
- ☐ 2 medium carrots chopped
- ☐ 8 cups chicken stock see
- ☐ 7 ounce udon noodles prepared
- ☐ 1 cup cilantro leaves fresh for garnish
- ☐ 3 tablespoons garlic chopped

- ☐ 4 cloves garlic chopped
- ☐ 2 tablespoons ginger chopped
- ☐ 1 habanero seeded chopped or a milder chile if preferred
- ☐ 4 servings lime wedges for garnish
- ☐ 3 tablespoons olive oil
- ☐ 4 pound boston butt pork shoulder
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 cups mushroom caps chopped
- ☐ 2 tablespoons tamari soy sauce plus more for drizzling
- ☐ 1 small onion white chopped

Equipment

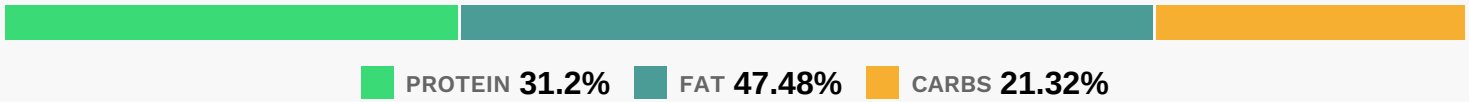
- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ dutch oven
- ☐ pastry brush

Directions

- ☐ Heat a large stockpot or Dutch oven over medium-high heat.
- ☐ Add 2 tablespoons oil.
- ☐ Add the carrots and onions and saute until they begin to caramelize. Next, add the ginger, garlic and habanero.
- ☐ Saute until the vegetables become aromatic, about 1 minute.
- ☐ Add the remaining 2 tablespoons oil and the mushrooms and cabbage. Stir in the tamari sauce, chicken stock and pork. Reduce the heat to low, cover and let simmer about 20 minutes.

- ☐ To serve, divide the prepared noodles between 4 entree-size bowls. Ladle the soup into the bowls and garnish each with cilantro leaves, bean sprouts and lime wedges.
- ☐ Drizzle with additional tamari sauce, if desired.
- ☐ Preheat the oven to 425 degrees F.
- ☐ In a small bowl, mix the olive oil, garlic, salt, and pepper. Using a pastry brush, spread the mixture all over the pork shoulder.
- ☐ Set the meat on a rack set into a roasting pan. Roast for 20 minutes, and then reduce the heat to 325 degrees F. Continue to cook until an instant-read thermometer inserted into the shoulder reads 185 degrees F, about 4 hours.
- ☐ Remove the pork from the oven and let stand until cool enough to handle, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:106.54, Glycemic Load:12.2, Inflammation Score:-10, Nutrition Score:54.098695661711%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 975.66kcal (48.78%), Fat: 51.61g (79.4%), Saturated Fat: 10.9g (68.14%), Carbohydrates: 52.17g (17.39%), Net Carbohydrates: 46.07g (16.75%), Sugar: 15.87g (17.64%), Cholesterol: 199.78mg (66.59%), Sodium: 1696.69mg (73.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.31g (152.62%), Vitamin B1: 2.72mg (181.13%), Selenium: 100.89µg (144.13%), Vitamin B3: 25.48mg (127.42%), Vitamin A: 5795.92IU (115.92%), Vitamin B6: 2.06mg (103.22%), Vitamin B2: 1.65mg (96.79%), Phosphorus: 901.46mg (90.15%), Zinc: 11.11mg (74.09%), Potassium: 2175.77mg (62.16%), Copper: 0.95mg (47.34%), Manganese: 0.93mg (46.52%), Vitamin B5: 4.35mg (43.48%), Vitamin K: 43.02µg (40.97%), Vitamin B12: 2.32µg (38.74%), Iron: 6.81mg (37.82%), Folate: 143.13µg (35.78%), Magnesium: 131.18mg (32.79%), Vitamin E: 4.47mg (29.82%), Vitamin C: 22.13mg (26.82%), Fiber: 6.1g (24.39%), Calcium: 136.02mg (13.6%), Vitamin D: 0.45µg (3.01%)