



 **22%**  
HEALTH SCORE

## Pork and Wild Rice Soup

 **Gluten Free**

READY IN



**41 min.**

SERVINGS



**6**

CALORIES



**340 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 avocado peeled sliced
- 24 baked tortilla chips
- 0.3 teaspoon pepper black freshly ground
- 0.3 cup brown rice wild
- 15 ounce black beans rinsed drained canned
- 0.3 cup cilantro leaves fresh chopped
- 3 garlic minced
- 0.3 teaspoon kosher salt

- 1 pound pork tenderloins trimmed cut into 1/2-inch pieces
- 2.5 tablespoons juice of lime fresh
- 1 tablespoon olive oil extra-virgin divided
- 0.3 cup onion finely chopped
- 1 teaspoon oregano fresh chopped
- 3 tablespoons queso fresco crumbled
- 2 serrano chiles minced seeded
- 1 cup water
- 32 ounce frangelico fat-free

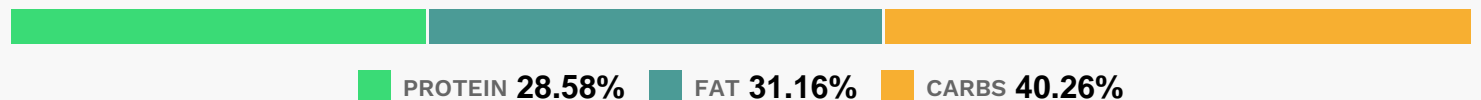
## Equipment

- frying pan
- dutch oven

## Directions

- Heat 1 1/2 teaspoons oil in a Dutch oven over medium-high heat. Brown pork on all sides.
- Remove from pan.
- Heat remaining 1 1/2 teaspoons oil in pan, scraping pan to loosen browned bits.
- Add rice, onion, garlic, and chiles; saut 3 minutes or until onion is tender.
- Add pork, 1 cup water, oregano, broth, and beans; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until rice is tender. Stir in cilantro, juice, salt, and pepper; simmer 2 minutes. Top each serving with cheese, avocado, and chips.

## Nutrition Facts



## Properties

Glycemic Index:37.46, Glycemic Load:5.05, Inflammation Score:0, Nutrition Score:21.737826150397%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

## Nutrients (% of daily need)

Calories: 339.59kcal (16.98%), Fat: 11.88g (18.27%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 25.99g (9.45%), Sugar: 0.97g (1.08%), Cholesterol: 54.24mg (18.08%), Sodium: 520.96mg (22.65%), Alcohol: 0g (100%), Protein: 24.51g (49.03%), Vitamin B1: 0.96mg (63.94%), Vitamin B6: 0.84mg (41.86%), Selenium: 27.94µg (39.91%), Phosphorus: 382.03mg (38.2%), Manganese: 0.69mg (34.45%), Fiber: 8.55g (34.22%), Vitamin B3: 6.66mg (33.32%), Vitamin B2: 0.45mg (26.3%), Potassium: 790.86mg (22.6%), Magnesium: 87.04mg (21.76%), Folate: 78.53µg (19.63%), Zinc: 2.62mg (17.5%), Copper: 0.34mg (16.76%), Iron: 2.89mg (16.04%), Vitamin B5: 1.46mg (14.56%), Vitamin K: 13.14µg (12.51%), Vitamin C: 9.21mg (11.16%), Calcium: 109.76mg (10.98%), Vitamin E: 1.42mg (9.49%), Vitamin B12: 0.51µg (8.5%), Vitamin A: 197.06IU (3.94%), Vitamin D: 0.35µg (2.34%)