



Pork and Wild Rice Soup

 Gluten Free

READY IN



41 min.

SERVINGS



6

CALORIES



349 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 clove 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 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 chicken broth fat-free

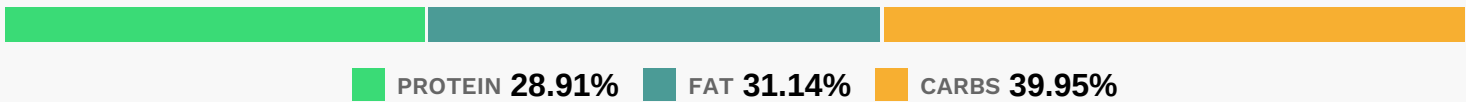
Equipment

- ☐ 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:-7, Nutrition Score:22.575217319571%

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: 348.66kcal (17.43%), Fat: 12.2g (18.76%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 26.65g (9.69%), Sugar: 1.62g (1.8%), Cholesterol: 57.26mg (19.09%), Sodium: 1081.9mg (47.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.96%), Vitamin B1: 0.99mg (66.06%), Vitamin B6: 0.84mg (41.86%), Selenium: 28.54µg (40.77%), Phosphorus: 388.08mg (38.81%), Manganese: 0.76mg (37.93%), Vitamin B3: 7mg (34.98%), Fiber: 8.55g (34.22%), Vitamin B2: 0.54mg (31.55%), Potassium: 818.07mg (23.37%), Magnesium: 88.55mg (22.14%), Folate: 78.53µg (19.63%), Zinc: 2.73mg (18.2%), Copper: 0.36mg (17.89%), Iron: 2.99mg (16.63%), Vitamin B5: 1.47mg (14.7%), Vitamin K: 13.14µg (12.51%), Calcium: 115.81mg (11.58%), Vitamin C: 9.21mg (11.16%), Vitamin E: 1.48mg (9.9%), Vitamin B12: 0.54µg (9%), Vitamin A: 200.09IU (4%), Vitamin D: 0.35µg (2.34%)