



## Pork Chop and Cabbage Soup

 **Gluten Free**  **Dairy Free**

READY IN



**80 min.**

SERVINGS



**8**

CALORIES



**261 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 head cabbage coarsely chopped
- 15.5 ounce cannellini beans drained canned
- 0.5 teaspoon celery seed
- 0.1 teaspoon ground allspice
- 8 servings salt and ground pepper black to taste
- 0.5 cup catsup to taste
- 2 tablespoons olive oil
- 1 onion sliced

- 5 quarter-loin pork chops boneless fat trimmed cut into 1-inch cubes
- 1 tablespoon worcestershire sauce

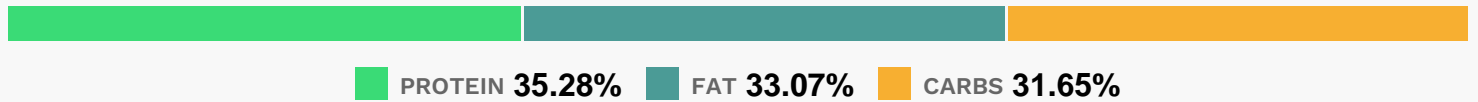
## Equipment

- pot
- dutch oven

## Directions

- Heat olive oil in a large Dutch oven or stew pot over medium-high heat; cook and stir pork cubes with onion until pork is no longer pink inside, about 10 minutes.
- Drain excess grease.
- Stir cabbage into pork mixture and cover the pot; cook until cabbage is wilted, about 5 minutes.
- Mix in beans, ketchup, Worcestershire sauce, celery seed, and allspice. Cover pot and simmer until pork and cabbage are tender and the soup has thickened, about 45 minutes. Season to taste with salt and black pepper.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:1.12, Inflammation Score:-5, Nutrition Score:18.895217418671%

## Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

## Nutrients (% of daily need)

Calories: 260.67kcal (13.03%), Fat: 9.65g (14.85%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 16.34g (5.94%), Sugar: 5.81g (6.45%), Cholesterol: 56.11mg (18.7%), Sodium: 217.15mg (9.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.16g (46.33%), Vitamin B1: 0.68mg (45.45%), Vitamin K: 45.93µg (43.74%), Selenium: 30.35µg (43.36%), Vitamin B6: 0.78mg (38.91%), Vitamin B3: 7.33mg (36.64%),

Phosphorus: 288.77mg (28.88%), Vitamin C: 23.43mg (28.4%), Potassium: 684.32mg (19.55%), Manganese: 0.38mg (18.82%), Folate: 73.07µg (18.27%), Fiber: 4.44g (17.74%), Magnesium: 60.96mg (15.24%), Vitamin B2: 0.24mg (14.27%), Zinc: 1.82mg (12.14%), Iron: 1.83mg (10.16%), Vitamin B5: 0.91mg (9.07%), Copper: 0.17mg (8.56%), Vitamin B12: 0.44µg (7.4%), Calcium: 68.25mg (6.83%), Vitamin E: 0.92mg (6.16%), Vitamin A: 138.65IU (2.77%), Vitamin D: 0.34µg (2.23%)