



Pork Noodle Soup with Cinnamon and Anise

 Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5.5 ounces vermicelli (cellophane)
- 6 servings cilantro leaves sliced chopped
- 3 sticks cinnamon (3-inch)
- 0.3 cup t brown sugar dark packed
- 0.7 cup rice wine chinese
- 1 head garlic halved
- 2.5 pounds pork ribs country-style
- 0.7 cup soya sauce

- 6 cups water
- 1 star anise whole

Equipment

- bowl
- pot

Directions

- Gently simmer all ingredients except noodles in a 6-quart heavy pot, covered, skimming as needed, until pork is very tender, 1 1/2 to 2 hours.
- Transfer pork to a bowl. Discard bones, spices, and garlic. Coarsely shred meat. Skim fat from broth, then return meat and bring to a simmer. Rinse noodles, then stir into broth and simmer, uncovered, stirring occasionally, until noodles are translucent and tender, about 6 minutes.

Nutrition Facts

PROTEIN 18.16% **FAT 53.43%** **CARBS 28.41%**

Properties

Glycemic Index:14.5, Glycemic Load:0.65, Inflammation Score:-2, Nutrition Score:15.969999878303%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 555.57kcal (27.78%), Fat: 31.07g (47.8%), Saturated Fat: 9.98g (62.37%), Carbohydrates: 37.18g (12.39%), Net Carbohydrates: 35.79g (13.01%), Sugar: 9.42g (10.46%), Cholesterol: 105.84mg (35.28%), Sodium: 1565.68mg (68.07%), Alcohol: 4.29g (100%), Alcohol %: 1.17% (100%), Protein: 23.76g (47.52%), Selenium: 32.57µg (46.53%), Vitamin B6: 0.89mg (44.48%), Vitamin B3: 7.31mg (36.55%), Vitamin B1: 0.49mg (32.44%), Manganese: 0.56mg (28.08%), Zinc: 3.65mg (24.35%), Phosphorus: 239.37mg (23.94%), Vitamin B2: 0.38mg (22.22%), Vitamin D: 3.04µg (20.29%), Iron: 2.76mg (15.34%), Potassium: 425.45mg (12.16%), Copper: 0.23mg (11.39%), Vitamin B5: 1mg (9.98%), Magnesium: 39.58mg (9.89%), Vitamin B12: 0.5µg (8.38%), Calcium: 74.66mg (7.47%), Fiber: 1.39g (5.56%), Vitamin E: 0.57mg (3.8%), Vitamin C: 1.58mg (1.92%), Folate: 5.58µg (1.39%)