

Pork Vegetable Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds pork loin boneless cut into 1 inch cubes
- 2 carrots chopped
- 1 onions quartered
- 6 cups roma tomatoes quartered (plum)
- 2 teaspoons salt
- 7 cups water

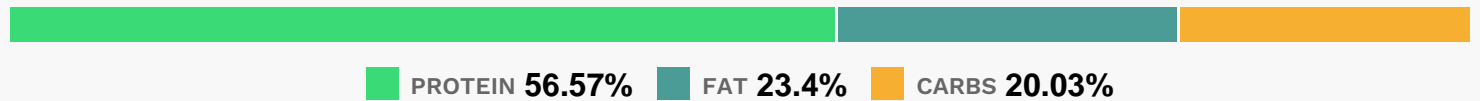
Equipment

- pot

Directions

- In a large pot, bring water to a boil.
- Add the tomatoes, carrots, onions and pork. Reduce heat to low. Cover and simmer for at least 2 hours.
- Add salt and bring to a boil for 5 minutes.
- Remove from heat and serve.

Nutrition Facts



Properties

Glycemic Index:27.96, Glycemic Load:5.16, Inflammation Score:-10, Nutrition Score:39.62782584066%

Flavonoids

Naringenin: 2.41mg, Naringenin: 2.41mg, Naringenin: 2.41mg, Naringenin: 2.41mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg

Nutrients (% of daily need)

Calories: 386.75kcal (19.34%), Fat: 10.02g (15.41%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 13.72g (4.99%), Sugar: 11.95g (13.27%), Cholesterol: 142.88mg (47.63%), Sodium: 1334.46mg (58.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.49g (108.98%), Vitamin A: 8052.05IU (161.04%), Vitamin B6: 2.07mg (103.57%), Selenium: 62.99µg (89.99%), Vitamin B1: 1.17mg (77.92%), Vitamin B3: 15.47mg (77.35%), Vitamin C: 52.45mg (63.58%), Phosphorus: 614.11mg (61.41%), Potassium: 1827.28mg (52.21%), Zinc: 4.85mg (32.33%), Vitamin K: 32.17µg (30.64%), Vitamin B2: 0.52mg (30.39%), Magnesium: 108.58mg (27.15%), Manganese: 0.5mg (25.13%), Fiber: 5.58g (22.32%), Copper: 0.43mg (21.63%), Vitamin B5: 2.12mg (21.23%), Vitamin B12: 1.16µg (19.28%), Vitamin E: 2.42mg (16.12%), Folate: 64.25µg (16.06%), Iron: 2.34mg (13.01%), Calcium: 76.36mg (7.64%), Vitamin D: 0.91µg (6.05%)