



Southwestern Pork Soup



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



5

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons vegetable oil
- ☐ 1 lb pork loin boneless trimmed of fat cut into 1/2-inch cubes
- ☐ 0.3 cup spring onion sliced
- ☐ 1 small jalapeno seeded finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 32 oz chicken broth reduced-sodium (4 cups)
- ☐ 30 oz great northern beans rinsed drained canned
- ☐ 0.5 cup cilantro leaves fresh loosely packed chopped

☐ 0.3 cup parsley fresh loosely packed chopped

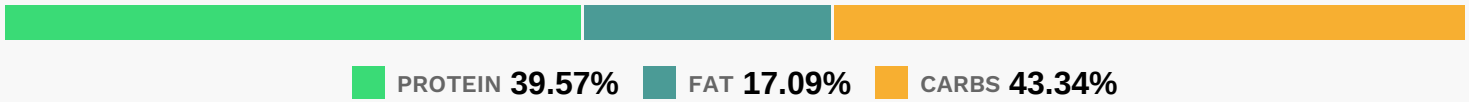
Equipment

☐ sauce pan

Directions

- ☐ In 3-quart nonstick saucepan, heat oil over medium-high heat.
- ☐ Add pork; cook 3 to 5 minutes, stirring occasionally, until browned.
- ☐ Add onions, chili and garlic; cook and stir 1 minute.
- ☐ Add broth and beans.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 10 minutes or until pork is no longer pink in center. Stir in cilantro and parsley; cook until heated through.

Nutrition Facts



Properties

Glycemic Index:31.6, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:25.717826076176%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 345.21kcal (17.26%), Fat: 6.58g (10.13%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 37.55g (12.52%), Net Carbohydrates: 28.85g (10.49%), Sugar: 1.06g (1.17%), Cholesterol: 60.78mg (20.26%), Sodium: 727.79mg (31.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.29g (68.58%), Vitamin K: 68.35µg (65.09%), Selenium: 32.97µg (47.1%), Vitamin B1: 0.69mg (46.13%), Phosphorus: 448.71mg (44.87%), Vitamin B6: 0.89mg (44.63%), Manganese: 0.82mg (40.81%), Folate: 147.3µg (36.83%), Fiber: 8.7g (34.8%), Vitamin B3: 6.52mg (32.58%), Potassium: 1017.09mg (29.06%), Magnesium: 115.64mg (28.91%), Vitamin B2: 0.39mg (22.99%), Iron: 3.59mg (19.96%), Zinc: 2.94mg (19.57%), Copper: 0.37mg (18.36%), Vitamin C: 11.08mg (13.43%), Vitamin B5: 1.2mg (12.02%), Calcium: 112.18mg (11.22%), Vitamin A: 444.4IU (8.89%), Vitamin B12: 0.5µg (8.32%), Vitamin E: 0.53mg (3.52%), Vitamin D: 0.36µg (2.42%)