



Southwestern Pork Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup avocado diced
- ☐ 0.7 cup prechopped bell pepper green
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon bottled garlic minced
- ☐ 14 ounce canned tomatoes diced undrained canned
- ☐ 2 teaspoons chili powder
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons cilantro leaves fresh chopped

- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeno minced seeded
- ☐ 1 pound pork tenderloin trimmed cut into bite-sized pieces
- ☐ 15 ounce pink beans rinsed drained canned
- ☐ 1 cup prechopped onion
- ☐ 0.5 teaspoon salt

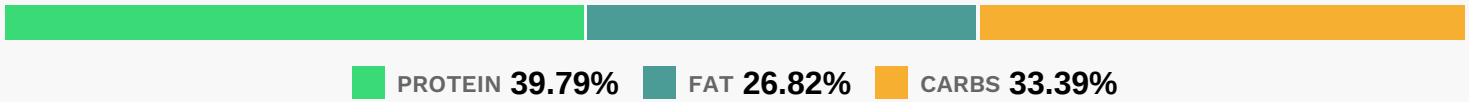
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a small nonstick Dutch oven over medium-heat. Coat pan with cooking spray.
- ☐ Add onion, bell pepper, garlic, and jalapeo to pan; saut for 2 minutes.
- ☐ Add pork; cook 3 minutes.
- ☐ Add broth and next 6 ingredients (through tomatoes); bring to a boil. Partially cover, reduce heat, and simmer 6 minutes or until pork is done, stirring occasionally.
- ☐ Remove from heat, and stir in cilantro.
- ☐ Serve with avocado.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:5.05, Inflammation Score:-8, Nutrition Score:32.237391337104%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg

Nutrients (% of daily need)

Calories: 290.79kcal (14.54%), Fat: 9.03g (13.89%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 17.59g (6.4%), Sugar: 7.34g (8.16%), Cholesterol: 73.71mg (24.57%), Sodium: 975.42mg (42.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.14g (60.29%), Vitamin B1: 1.29mg (85.77%), Vitamin C: 63.55mg (77.03%), Vitamin B6: 1.33mg (66.54%), Selenium: 39.15µg (55.93%), Vitamin B3: 10.46mg (52.29%), Phosphorus: 413.23mg (41.32%), Folate: 162.34µg (40.58%), Potassium: 1338.08mg (38.23%), Vitamin B2: 0.55mg (32.23%), Fiber: 7.71g (30.84%), Iron: 4.7mg (26.11%), Magnesium: 102.72mg (25.68%), Copper: 0.51mg (25.62%), Manganese: 0.46mg (23.18%), Zinc: 3.32mg (22.12%), Vitamin B5: 2.01mg (20.11%), Vitamin E: 2.9mg (19.32%), Vitamin K: 17.75µg (16.91%), Vitamin A: 715.86IU (14.32%), Vitamin B12: 0.81µg (13.42%), Calcium: 124mg (12.4%), Vitamin D: 0.23µg (1.51%)