



Spicy Pork and Mustard Green Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cumin seeds coarsely chopped
- ☐ 1 teaspoon fish sauce (such as nam pla or nuoc nam)
- ☐ 2 garlic clove finely chopped
- ☐ 0.5 pound ground pork
- ☐ 4 servings pepper black freshly ground
- ☐ 4 cups chicken broth low-sodium
- ☐ 2 tablespoons soy sauce reduced-sodium
- ☐ 4 cups mustard greens

- ☐ 1 teaspoon peppercorns crushed
- ☐ 0.8 teaspoon pepper red crushed
- ☐ 8 ounces vermicelli
- ☐ 4 spring onion thinly sliced
- ☐ 1 tablespoon vegetable oil

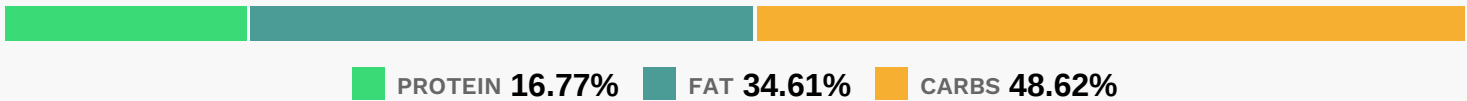
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Mix pork, garlic, ginger, Sichuan peppercorns,red pepper flakes, and cumin in a medium bowl.
- ☐ Heat oil in a large pot over medium heat.
- ☐ Add pork mixture; season with salt and pepper and cook, stirring and breaking up with a spoon, until browned and cooked through, 8–10 minutes.
- ☐ Add broth and bring to a boil; reduce heat and simmer until flavors meld, 8–10 minutes.
- ☐ Add mustard greens, scallions,soy sauce, and fish sauce and cook, stirring occasionally, until greens are tender, 5–8 minutes; season with salt and black pepper.
- ☐ Meanwhile, cook noodles according to package directions; drain.
- ☐ Divide noodles among bowls and ladle soup over.
- ☐ Beet greens, kale, or turnip greens

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:27.59, Inflammation Score:-9, Nutrition Score:22.884782728942%

Flavonoids

Isorhamnetin: 9.07mg, Isorhamnetin: 9.07mg, Isorhamnetin: 9.07mg, Isorhamnetin: 9.07mg Kaempferol: 21.62mg, Kaempferol: 21.62mg, Kaempferol: 21.62mg, Kaempferol: 21.62mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 454.61kcal (22.73%), Fat: 17.59g (27.06%), Saturated Fat: 5.53g (34.58%), Carbohydrates: 55.59g (18.53%), Net Carbohydrates: 52.03g (18.92%), Sugar: 1.48g (1.64%), Cholesterol: 40.82mg (13.61%), Sodium: 631.68mg (27.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.18g (38.35%), Vitamin K: 177.97µg (169.5%), Vitamin C: 42.35mg (51.33%), Vitamin A: 1938.29IU (38.77%), Selenium: 23.62µg (33.75%), Vitamin B1: 0.49mg (32.95%), Vitamin B3: 6.53mg (32.67%), Phosphorus: 313.64mg (31.36%), Manganese: 0.54mg (26.87%), Vitamin B6: 0.41mg (20.36%), Potassium: 697.08mg (19.92%), Vitamin B2: 0.31mg (18.42%), Iron: 2.98mg (16.56%), Copper: 0.32mg (16.17%), Zinc: 2.22mg (14.77%), Fiber: 3.56g (14.24%), Magnesium: 52.3mg (13.08%), Calcium: 115.26mg (11.53%), Vitamin E: 1.67mg (11.12%), Vitamin B12: 0.64µg (10.67%), Vitamin B5: 0.59mg (5.91%), Folate: 23.6µg (5.9%)