



WHATSheATE



Spicy Pork and Mustard Green Soup



Dairy Free



Popular

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 cloves finely chopped
- ☐ 2 teaspoons ginger finely grated peeled
- ☐ 0.5 pound ground pork
- ☐ 4 servings kosher salt black freshly ground
- ☐ 4 cups chicken broth low-sodium
- ☐ 2 tablespoons soya sauce reduced-sodium

- ☐ 4 cups mustard greens
- ☐ 1 teaspoon sichuan peppercorns crushed
- ☐ 0.8 teaspoon pepper flakes red crushed
- ☐ 8 ounces wide rice noodles
- ☐ 4 scallions thinly sliced
- ☐ 1 tablespoon vegetable oil

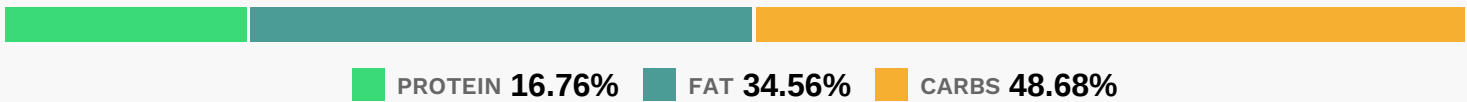
Equipment

- ☐ 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:59, Glycemic Load:27.61, Inflammation Score:-9, Nutrition Score:22.92478254567%

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

Nutrients (% of daily need)

Calories: 455.41kcal (22.77%), Fat: 17.59g (27.07%), Saturated Fat: 5.54g (34.6%), Carbohydrates: 55.76g (18.59%), Net Carbohydrates: 52.19g (18.98%), Sugar: 1.49g (1.66%), Cholesterol: 40.82mg (13.61%), Sodium: 631.81mg (27.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.2g (38.39%), Vitamin K: 177.97µg (169.5%), Vitamin C: 42.4mg (51.39%), Vitamin A: 1938.29IU (38.77%), Selenium: 23.63µg (33.76%), Vitamin B1: 0.49mg (32.96%), Vitamin B3: 6.54mg (32.71%), Phosphorus: 313.98mg (31.4%), Manganese: 0.54mg (26.99%), Vitamin B6: 0.41mg (20.44%), Potassium: 701.23mg (20.04%), Vitamin B2: 0.31mg (18.44%), Iron: 2.99mg (16.59%), Copper: 0.33mg (16.29%), Zinc: 2.22mg (14.79%), Fiber: 3.58g (14.32%), Magnesium: 52.73mg (13.18%), Calcium: 115.42mg (11.54%), Vitamin E: 1.67mg (11.13%), Vitamin B12: 0.64µg (10.67%), Vitamin B5: 0.59mg (5.93%), Folate: 23.71µg (5.93%)