



Watercress, Sweet Corn and Pork Ribs Soup



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



2

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 corns sweet
- ☐ 25 g dates red (18) (weighed without seeds)
- ☐ 500 g pork spareribs
- ☐ 2 servings soy sauce/ salt light to taste
- ☐ 5 cups water
- ☐ 200 g watercress

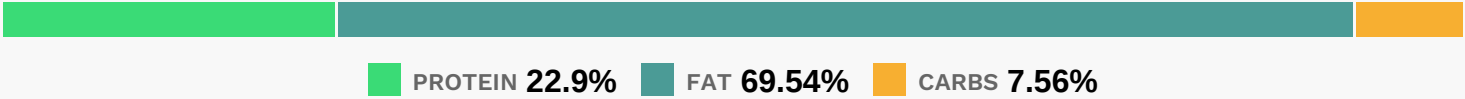
Equipment

- ☐ pressure cooker

Directions

☐ Place all ingredients into the pressure cooker pot and cook under pressure for 45 mins. If you are not using a pressure cooker, blanch the pork before boiling to get rid of impurities then place all ingredients into a pot, bring to boil then simmer for about 1 1/2 to 2 hrs.

Nutrition Facts



Properties

Glycemic Index:77.25, Glycemic Load:6.08, Inflammation Score:-10, Nutrition Score:37.902173830115%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 23.03mg, Kaempferol: 23.03mg, Kaempferol: 23.03mg, Kaempferol: 23.03mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 30.11mg, Quercetin: 30.11mg, Quercetin: 30.11mg, Quercetin: 30.11mg

Nutrients (% of daily need)

Calories: 762.03kcal (38.1%), Fat: 58.86g (90.56%), Saturated Fat: 18.88g (118.01%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 12.44g (4.52%), Sugar: 9.02g (10.02%), Cholesterol: 200mg (66.67%), Sodium: 1278.93mg (55.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.62g (87.23%), Vitamin K: 250.39µg (238.47%), Vitamin B6: 1.64mg (81.93%), Selenium: 56.44µg (80.64%), Vitamin B3: 12.94mg (64.72%), Vitamin A: 3226.44IU (64.53%), Vitamin B1: 0.92mg (61.11%), Vitamin C: 43.76mg (53.05%), Vitamin B2: 0.79mg (46.5%), Phosphorus: 453.66mg (45.37%), Zinc: 6.61mg (44.09%), Vitamin D: 5.75µg (38.33%), Potassium: 1083.5mg (30.96%), Copper: 0.43mg (21.4%), Vitamin B5: 2.12mg (21.17%), Magnesium: 82.87mg (20.72%), Manganese: 0.41mg (20.66%), Calcium: 184.11mg (18.41%), Iron: 3.09mg (17.16%), Vitamin B12: 0.95µg (15.83%), Vitamin E: 1.94mg (12.95%), Fiber: 1.96g (7.82%), Folate: 17.6µg (4.4%)