



Zucchini and Pork Soup

READY IN



45 min.

SERVINGS



10

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 29 ounce chicken broth canned
- ☐ 2 teaspoons basil dried
- ☐ 0.5 cup flour all-purpose
- ☐ 8 ounces mushrooms fresh sliced
- ☐ 2 teaspoons garlic chopped
- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons oyster sauce

- ☐ 4 tablespoons parmesan cheese grated
- ☐ 4 pork chops
- ☐ 1 cup bell pepper red chopped
- ☐ 10 servings salt and pepper to taste
- ☐ 0.1 cup sun-dried tomatoes chopped
- ☐ 2 teaspoons vegetable oil
- ☐ 2 zucchini's sliced quartered

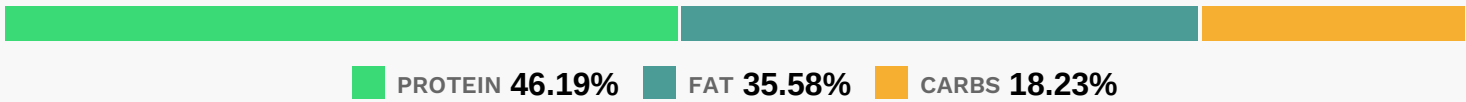
Equipment

- ☐ frying pan
- ☐ pot
- ☐ ziploc bags

Directions

- ☐ Place flour in a resealable plastic bag.
- ☐ Add pork cubes. Seal bag and shake to coat. In a large skillet, heat 1 teaspoon oil over medium high heat.
- ☐ Add pork and brown in oil for about 8 to 10 minutes. Set aside.
- ☐ In a 5 to 8 quart soup pot, heat remaining teaspoon of oil over medium heat.
- ☐ Add the onions, garlic and bell pepper.
- ☐ Saute for just a few minutes until tender, but not browned.
- ☐ Add reserved pork, zucchini, sun-dried tomato bits, mushrooms, diced tomatoes, chicken broth, oyster sauce, basil, oregano, salt and pepper.
- ☐ Heat until almost boiling, then reduce heat and simmer for 10 to 15 minutes.
- ☐ Sprinkle with cheese and serve.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:5.23, Inflammation Score:-8, Nutrition Score:20.249565145244%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 314.66kcal (15.73%), Fat: 12.34g (18.99%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 11.81g (4.29%), Sugar: 4.88g (5.43%), Cholesterol: 78.76mg (26.25%), Sodium: 810.53mg (35.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.05g (72.1%), Selenium: 38.53µg (55.04%), Vitamin B3: 8.48mg (42.41%), Vitamin C: 31.9mg (38.66%), Vitamin B6: 0.77mg (38.64%), Vitamin B1: 0.5mg (33.09%), Phosphorus: 328.42mg (32.84%), Vitamin B2: 0.4mg (23.5%), Zinc: 3.48mg (23.23%), Potassium: 737.79mg (21.08%), Vitamin B12: 1.16µg (19.28%), Vitamin A: 815.44IU (16.31%), Iron: 2.91mg (16.18%), Manganese: 0.3mg (15.08%), Copper: 0.29mg (14.4%), Magnesium: 56.77mg (14.19%), Vitamin K: 13.51µg (12.87%), Folate: 43.34µg (10.84%), Vitamin B5: 1.05mg (10.54%), Fiber: 2.42g (9.69%), Vitamin E: 1.28mg (8.53%), Calcium: 69.93mg (6.99%), Vitamin D: 0.35µg (2.35%)