**Pork sinigang**

Pork Sinigang is a flavorful and hearty Filipino soup dish. It is generally low in fat but can vary based on the cut of pork used. The soup contains a variety of vegetables, which contribute to its nutritional value.

**Ingredients**:

- 500 grams pork ribs or pork belly, cut into serving pieces

- 1 liter water

- 1 medium-sized onion, quartered

- 2 tomatoes, quartered

- 2 to 3 green chili peppers (siling haba)

- 200 grams radish (labanos), peeled and sliced

- 150 grams kangkong (water spinach), trimmed

- 100 grams string beans (sitaw), cut into 2-inch pieces

- 2 to 3 tablespoons tamarind powder or 2 to 3 pieces tamarind (sampaloc) leaves

- Fish sauce (patis) to taste

- Salt and pepper to taste

Optional: Other vegetables such as okra, eggplant, and gabi (taro root) can be added according to your preference.

**Instructions**:

1. In a pot, combine water, pork ribs (or pork belly), onion, and tomatoes. Bring to a boil and let it simmer until the pork becomes tender. Skim off any impurities that rise to the surface.

2. Once the pork is tender, add the green chili peppers, radish, and string beans. Simmer for about 5 minutes or until the vegetables are slightly cooked.

3. Add the tamarind powder (or tamarind leaves) to the pot. Stir well to dissolve the powder. If using tamarind leaves, allow them to simmer for a few minutes to extract the sour flavor.

4. Season with fish sauce, salt, and pepper according to your taste preference. Adjust the amount of seasoning as needed.

5. Finally, add the kangkong (water spinach) to the pot and let it cook for another minute or until wilted.

6. Remove from heat and serve the Pork Sinigang hot with steamed rice.

**Nutritional Facts:**

The nutritional facts below are approximate and based on a serving size of 1 bowl (about 1/6th of the recipe):

- Calories: 250-300 calories

- Protein: 20-25 grams

- Fat: 10-15 grams (may vary depending on the pork cut)

- Carbohydrates: 15-20 grams

- Fiber: 4-6 grams

- Vitamin C: 30-40% of the daily recommended intake

- Iron: 10-15% of the daily recommended intake

- Other vitamins and minerals vary depending on the specific vegetables used

Remember, these values are estimates and can change based on the specific ingredients and cooking methods used.