



Asian Broth with Tofu and Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons sesame oil dark
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1.5 cups peas green frozen thawed
- ☐ 3 cups converted rice hot cooked
- ☐ 2 tablespoons rice vinegar
- ☐ 6 ounces spicy tofu firm cubed

- ☐ 29 ounce vegetable broth canned
- ☐ 2.8 cups water

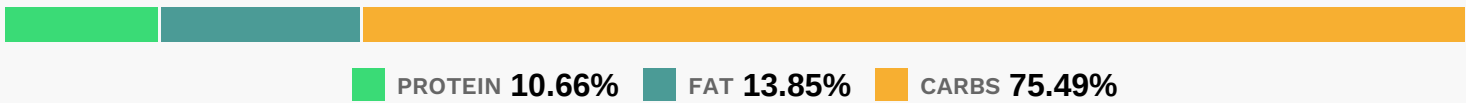
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Bring water and broth to a boil in a large saucepan; add peas, tofu, and ginger. Reduce heat; simmer 5 minutes. Stir in rice and cilantro; cook 3 minutes or until thoroughly heated. Ladle 1 1/3 cups soup into each of 4 bowls.
- ☐ Drizzle each serving with 1 1/2 teaspoons soy sauce, 1 1/2 teaspoons rice vinegar, and 1 1/2 teaspoons oil.

Nutrition Facts



Properties

Glycemic Index:65.63, Glycemic Load:70.19, Inflammation Score:-7, Nutrition Score:17.393043600995%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 665.8kcal (33.29%), Fat: 10.04g (15.45%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 123.14g (41.05%), Net Carbohydrates: 117.8g (42.84%), Sugar: 5.2g (5.78%), Cholesterol: 0mg (0%), Sodium: 1130.11mg (49.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.77%), Manganese: 1.78mg (88.79%), Selenium: 22.02µg (31.46%), Vitamin C: 21.89mg (26.54%), Phosphorus: 232.58mg (23.26%), Copper: 0.44mg (21.79%), Fiber: 5.34g (21.36%), Vitamin A: 867.25IU (17.35%), Vitamin B3: 3.46mg (17.31%), Vitamin B6: 0.34mg (16.77%), Vitamin B1: 0.25mg (16.37%), Magnesium: 60.66mg (15.17%), Zinc: 2.27mg (15.16%), Vitamin B5: 1.49mg (14.94%), Vitamin K: 15.2µg (14.47%), Iron: 2.54mg (14.13%), Folate: 50.28µg (12.57%), Calcium: 113.77mg (11.38%), Potassium: 328.86mg (9.4%), Vitamin B2: 0.16mg (9.4%), Vitamin E: 0.36mg (2.42%)