



Bean Sprouts Soup



Vegetarian



Gluten Free

READY IN



27 min.

SERVINGS



2

CALORIES



178 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bean sprouts
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 cup buttermilk
- ☐ 1 sprig curry leaves fresh
- ☐ 1 teaspoon cilantro leaves fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon rice flour
- ☐ 2 servings salt to taste

- ☐ 1 tablespoon vegetable oil
- ☐ 4 cups water boiling
- ☐ 1 teaspoon sugar white

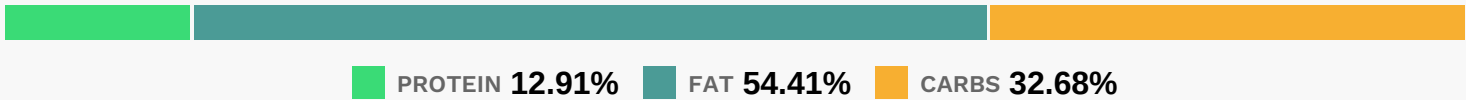
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Pour water into a saucepan and bring to a boil.
- ☐ Add bean sprouts and cook for several minutes. Strain (you can use the boiled bean sprouts for salad).
- ☐ Mix rice flour and buttermilk into the bean sprout stock.
- ☐ Add sugar and curry leaf. Season with salt.
- ☐ In a separate pan, heat vegetable oil.
- ☐ Add pepper and cumin and cook until fragrant, about 30 seconds.
- ☐ Pour mixture over the soup and bring to a boil.
- ☐ Serve hot.
- ☐ Garnish with chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:119.05, Glycemic Load:5.33, Inflammation Score:-6, Nutrition Score:14.340869364531%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 178.35kcal (8.92%), Fat: 11.19g (17.21%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 13.7g (4.98%), Sugar: 10.03g (11.15%), Cholesterol: 13.2mg (4.4%), Sodium: 348.49mg (15.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Vitamin B3: 12.15mg (60.76%), Folate: 155.67µg (38.92%), Vitamin C: 26.95mg (32.67%), Vitamin K: 31.87µg (30.35%), Calcium: 177.39mg (17.74%), Vitamin B2: 0.28mg (16.37%), Manganese: 0.31mg (15.5%), Phosphorus: 140.63mg (14.06%), Copper: 0.22mg (10.94%), Vitamin D: 1.56µg (10.4%), Vitamin B12: 0.55µg (9.2%), Magnesium: 34.57mg (8.64%), Potassium: 273.84mg (7.82%), Selenium: 5.43µg (7.76%), Vitamin B1: 0.11mg (7.54%), Iron: 1.29mg (7.18%), Vitamin B5: 0.7mg (6.99%), Fiber: 1.42g (5.67%), Vitamin B6: 0.11mg (5.63%), Zinc: 0.81mg (5.39%), Vitamin A: 268.26IU (5.37%), Vitamin E: 0.74mg (4.94%)