



Chinese Shrimp and Tofu Soup



Gluten Free



Dairy Free

READY IN



38 min.

SERVINGS



6

CALORIES



143 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 quart chicken stock see
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 inch ginger root fresh minced
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup peas frozen thawed
- ☐ 6 ounces shrimp raw shelled deveined
- ☐ 1 teaspoon salt

- ☐ 8 ounces spicy tofu diced
- ☐ 1 tablespoon vegetable oil

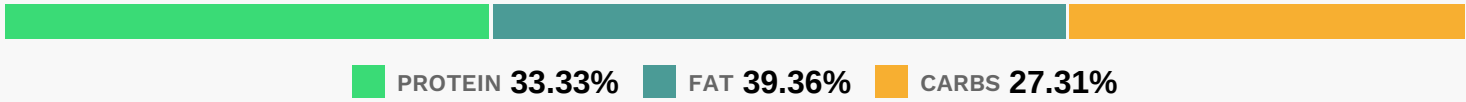
Equipment

- ☐ sauce pan
- ☐ wok

Directions

- ☐ Heat the oil in a large saucepan or wok over high heat. Cook the garlic and ginger until fragrant and lightly browned. Stir in the shrimp, and stir fry until cooked, then remove and set aside.
- ☐ Pour in the chicken stock and bring to a boil. Reduce heat to medium, add the tofu and peas, season with salt and pepper, then return to a simmer.
- ☐ Mix the cornstarch with a little water to form a thin paste. Stir the cornstarch into the soup and continue to simmer until clear and thickened, about 1 minute. Stir the shrimp back into the soup and serve.

Nutrition Facts



Properties

Glycemic Index:22.72, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:6.097391322903%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 142.68kcal (7.13%), Fat: 6.16g (9.47%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 8.76g (3.19%), Sugar: 3.08g (3.43%), Cholesterol: 40.45mg (13.48%), Sodium: 775.9mg (33.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.73g (23.46%), Selenium: 12.2µg (17.43%), Vitamin B3: 3.18mg (15.89%), Phosphorus: 122.62mg (12.26%), Vitamin B2: 0.15mg (8.86%), Vitamin B6: 0.17mg (8.46%), Copper: 0.16mg (7.92%), Calcium: 72.21mg (7.22%), Vitamin K: 6.86µg (6.53%), Potassium: 226.07mg (6.46%), Vitamin B1: 0.08mg (5.64%), Iron: 1.01mg (5.61%), Vitamin B12: 0.31µg (5.24%), Vitamin C: 3.88mg (4.7%), Folate: 18.63µg (4.66%), Vitamin E: 0.62mg (4.14%), Manganese: 0.08mg (4.11%), Zinc: 0.61mg (4.09%), Magnesium: 16.04mg (4.01%), Fiber: 0.85g (3.39%), Vitamin A: 118.39IU (2.37%), Vitamin B5: 0.11mg (1.06%)