



## Easy Japanese Steakhouse Soup



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 carrots chopped
- ☐ 3 cups chicken stock see
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 3 mushrooms fresh sliced
- ☐ 1 clove garlic minced
- ☐ 2 green onions chopped
- ☐ 2 chicken breast halves boneless skinless cubed
- ☐ 0.3 pound snow peas fresh trimmed halved

- ☐ 2 tablespoons soya sauce
- ☐ 1 cup water

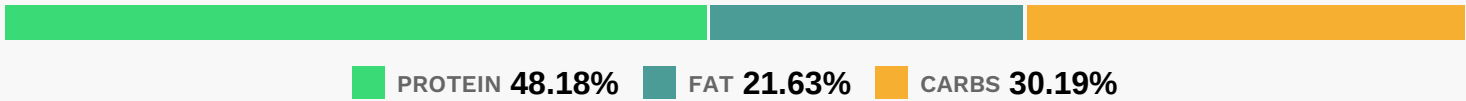
## Equipment

- ☐ pot

## Directions

- ☐ Bring the chicken stock, water, ginger, garlic, and soy sauce to a simmer in a large pot over medium-high heat. Stir in the chicken, and return to a simmer. Reduce heat to medium-low, and continue simmering until the chicken is tender and no longer pink on the inside, about 15 minutes.
- ☐ Stir in the snow peas and carrot, and simmer 5 minutes.
- ☐ Add the mushrooms, and continue simmering until the vegetables are tender, about 3 minutes. Stir in the green onions, and serve.

## Nutrition Facts



## Properties

Glycemic Index:42.71, Glycemic Load:0.86, Inflammation Score:-9, Nutrition Score:16.171739041805%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 160.51kcal (8.03%), Fat: 3.8g (5.85%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 10.35g (3.76%), Sugar: 5.33g (5.92%), Cholesterol: 41.56mg (13.85%), Sodium: 842.36mg (36.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.07g (38.13%), Vitamin A: 2938.06IU (58.76%), Vitamin B3: 10mg (50.02%), Selenium: 23.88µg (34.11%), Vitamin B6: 0.65mg (32.44%), Vitamin C: 20.71mg (25.11%), Phosphorus: 216.18mg (21.62%), Vitamin K: 22.01µg (20.96%), Vitamin B2: 0.32mg (18.9%), Potassium: 597.16mg (17.06%), Vitamin B5: 1.33mg (13.3%), Vitamin B1: 0.17mg (11.63%), Copper: 0.22mg (11.11%), Magnesium: 38.21mg (9.55%), Iron: 1.62mg (9.02%), Manganese: 0.18mg (8.88%), Folate: 34.29µg (8.57%), Fiber: 1.59g (6.37%), Zinc: 0.85mg (5.69%), Calcium: 35.43mg (3.54%), Vitamin E: 0.41mg (2.75%), Vitamin B12: 0.12µg (1.98%)