



Fresh Ginger, Mushroom, and Basil Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



17 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup enoki mushrooms
- ☐ 28 ounce fat-skimmed beef broth fat-free canned
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 0.5 cup spring onion finely chopped
- ☐ 1 teaspoon soy sauce low-sodium

Equipment

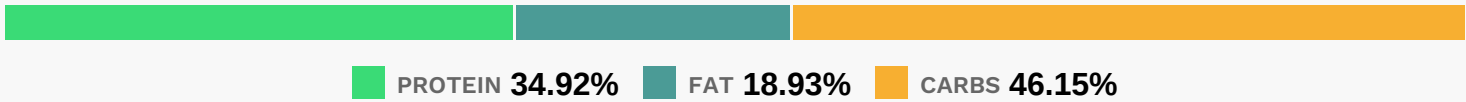
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add mushrooms and ginger; saut 2 minutes or until mushrooms are browned.
- ☐ Add chicken broth and soy sauce. Bring to a boil.
- ☐ Remove pan from heat; stir in onions and basil.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:4.3639130691147%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 17.29kcal (0.86%), Fat: 0.41g (0.63%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.65g (0.72%), Cholesterol: 0mg (0%), Sodium: 859.16mg (37.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Vitamin K: 30.03µg (28.6%), Vitamin B3: 1.78mg (8.9%), Selenium: 4.64µg (6.63%), Vitamin B12: 0.4µg (6.61%), Vitamin B2: 0.07mg (4.25%), Potassium: 137.82mg (3.94%), Folate: 15.31µg (3.83%), Phosphorus: 38.22mg (3.82%), Vitamin B5: 0.37mg (3.67%), Vitamin A: 177.38IU (3.55%), Manganese: 0.07mg (3.44%), Iron: 0.62mg (3.42%), Copper: 0.07mg (3.26%), Vitamin C: 2.62mg (3.17%), Vitamin B1: 0.04mg (2.69%), Vitamin B6: 0.05mg (2.49%), Fiber: 0.6g (2.42%), Magnesium: 8.04mg (2.01%), Calcium: 19.36mg (1.94%), Zinc: 0.17mg (1.1%)