



Green Onion-Mushroom Broth



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



13 kcal

SIDE DISH

Ingredients

- ☐ 29 ounce oriental broth canned (such as Swanson's)
- ☐ 6 tablespoons green onions chopped
- ☐ 0.5 teaspoon ground ginger
- ☐ 6 tablespoons pre mushrooms
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup water

Equipment

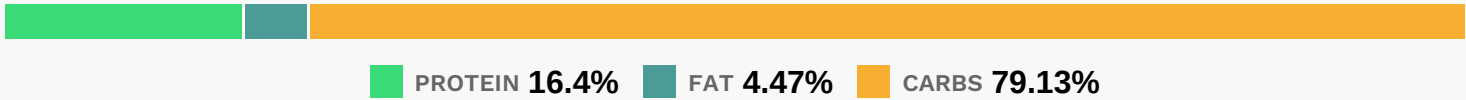
- ☐ sauce pan

ladle

Directions

Combine water and broth in a medium saucepan; bring to a simmer. Stir in ginger and pepper. Ladle 2/3 cup soup into individual cups; top with 1 tablespoon green onions and 1 tablespoon mushrooms.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1, Inflammation Score:-3, Nutrition Score:2.2239130440613%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 12.79kcal (0.64%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 2.5g (0.91%), Sugar: 1.6g (1.78%), Cholesterol: 0mg (0%), Sodium: 550.84mg (23.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin K: 12.56µg (11.96%), Vitamin A: 352.18IU (7.04%), Manganese: 0.08mg (4.13%), Vitamin B2: 0.06mg (3.8%), Vitamin B3: 0.58mg (2.91%), Copper: 0.06mg (2.85%), Vitamin B5: 0.23mg (2.28%), Selenium: 1.51µg (2.15%), Potassium: 66.89mg (1.91%), Vitamin C: 1.44mg (1.75%), Folate: 6.39µg (1.6%), Phosphorus: 15.35mg (1.53%), Fiber: 0.35g (1.39%), Iron: 0.2mg (1.13%), Vitamin B1: 0.02mg (1.03%), Vitamin B6: 0.02mg (1.02%)