



 4%
HEALTH SCORE

Hot and Sour Mushroom Soup (Tom Yum Het)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



150 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 50 g mushrooms sliced
- 50 g mushrooms sliced
- 2 chili peppers fresh green red hot (can use)
- 2 tablespoons miso
- 0.5 cup basil fresh
- 0.5 cup basil fresh
- 0.5 cup cilantro leaves fresh chopped
- 4 ice cubes chopped

- 2 ginger fresh peeled chopped
- 3 kaffir lime leaves
- 2 tablespoons juice of lemon
- 2 stalks lemon grass chopped
- 1 medium onion quartered
- 3 chillies dried red chopped
- 6 mushroom caps sliced
- 3 tablespoons soya sauce
- 1 teaspoon sugar
- 1 tablespoon tamarind pulp
- 200 g spicy tofu
- 1 tablespoon vegetable oil
- 4 cups water

Equipment

- sauce pan

Directions

- Put the first nine ingredients in a saucepan and bring to the boil (this is your stock). Simmer for 15–20 minutes over low–medium heat.
- Remove from the heat and strain. Reserve the stock and discard the rest.
- Heat the oil in a large saucepan and saut the Soup Paste for a minute until fragrant.
- Add the tofu, shiitake and button mushrooms and stir-fry over high heat for 1 minute. Bring the prepared stock to a boil. Turn the heat to medium and add the sauted tofu and mushrooms, the soy sauce, sugar and lemon juice. Simmer for 5–6 minutes over medium heat until the mushrooms are tender.
- Sprinkle the coriander and basil and remove from heat.
- Serve hot.

Nutrition Facts



■ PROTEIN 22.88% ■ FAT 36.79% ■ CARBS 40.33%

Properties

Glycemic Index:134.02, Glycemic Load:4.61, Inflammation Score:-6, Nutrition Score:10.913912945467%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg

Nutrients (% of daily need)

Calories: 150.04kcal (7.5%), Fat: 6.54g (10.06%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 13.28g (4.83%), Sugar: 6.16g (6.84%), Cholesterol: 0mg (0%), Sodium: 1093.77mg (47.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.29%), Vitamin K: 40.74µg (38.8%), Manganese: 0.72mg (35.96%), Copper: 0.28mg (13.78%), Iron: 2.42mg (13.43%), Vitamin B3: 2.68mg (13.41%), Vitamin B2: 0.23mg (13.4%), Vitamin A: 627.06IU (12.54%), Fiber: 2.84g (11.35%), Calcium: 106.15mg (10.62%), Potassium: 371.38mg (10.61%), Phosphorus: 103.26mg (10.33%), Vitamin B6: 0.2mg (9.97%), Vitamin C: 7.79mg (9.44%), Magnesium: 36.23mg (9.06%), Vitamin B5: 0.86mg (8.59%), Folate: 29.96µg (7.49%), Selenium: 4.56µg (6.52%), Zinc: 0.95mg (6.3%), Vitamin B1: 0.08mg (5.39%), Vitamin E: 0.43mg (2.86%)