



Hot-and-Sour Mushroom Soup with Bok Choy



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



68 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 baby bok choy halved lengthwise thinly sliced
- ☐ 0.3 cup cilantro leaves loosely packed
- ☐ 2 tablespoons thinly slivered ginger fresh divided
- ☐ 3 green onions thinly sliced
- ☐ 10 common mushrooms (button)
- ☐ 10 oyster mushrooms
- ☐ 2 small jalapeño chiles red seeded thinly sliced
- ☐ 2 tablespoons rice vinegar

- ☐ 1 teaspoon sesame oil toasted
- ☐ 10 mushroom caps
- ☐ 0.5 tsp sriracha
- ☐ 1.5 qts clear vegetable broth such as swanson

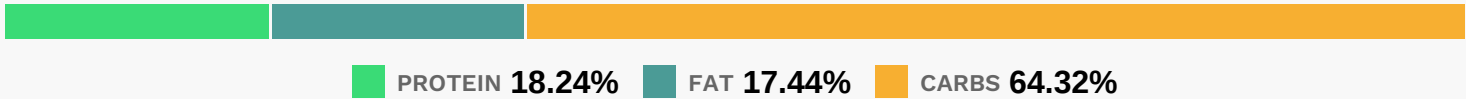
Equipment

- ☐ pot

Directions

- ☐ Stem mushrooms. Slice the oyster mushrooms in half if large, and slice shiitake and button mushrooms. Put in a pot with broth and bring to a boil, covered. Reduce heat and simmer until mushrooms are almost tender, about 5 minutes.
- ☐ Add bok choy, 1 tbsp. ginger, and the chiles and simmer 2 minutes.
- ☐ Remove from heat. Stir in 1 tbsp. ginger, the vinegar, Sriracha, and sesame oil. Top with green onions and cilantro.

Nutrition Facts



Properties

Glycemic Index:70.75, Glycemic Load:3.34, Inflammation Score:-9, Nutrition Score:12.671739151944%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 68.38kcal (3.42%), Fat: 1.43g (2.2%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 11.89g (3.96%), Net Carbohydrates: 9.44g (3.43%), Sugar: 6.17g (6.85%), Cholesterol: 0mg (0%), Sodium: 1473.87mg (64.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.75%), Vitamin A: 3499.45IU (69.99%), Vitamin C: 38.77mg (47%), Vitamin K: 22.88µg (21.79%), Vitamin B2: 0.3mg (17.77%), Vitamin B3: 3.47mg (17.34%), Vitamin B5: 1.34mg (13.39%), Copper: 0.24mg (12.14%), Vitamin B6: 0.21mg (10.32%), Potassium: 345.49mg (9.87%), Selenium: 6.88µg (9.83%), Fiber: 2.45g (9.8%), Phosphorus: 93.86mg (9.39%), Manganese: 0.15mg (7.55%), Calcium: 73.72mg (7.37%), Iron: 1.08mg (6.03%), Folate: 22.43µg (5.61%), Zinc: 0.71mg (4.74%), Magnesium: 17.28mg (4.32%), Vitamin

B1: 0.06mg (4.06%), Vitamin D: 0.26µg (1.72%), Vitamin E: 0.16mg (1.09%)