



## Hot-and-Sour Seafood Soup

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons balsamic vinegar
- 6 ounces bay scallops
- 0.3 cup cornstarch
- 12 ounces fish fillet white firm cut into 1-inch pieces (such as pollock)
- 1 tablespoon ginger minced peeled
- 4 servings kosher salt and pepper freshly ground
- 1 tablespoon soya sauce low-sodium
- 2 plum tomatoes cored cut into large chunks

- 1 bunch scallions; whites cut into 1/4-inch pieces, greens cut into 2-inch pieces
- 4 ounces mushroom caps stemmed sliced
- 0.5 teaspoon sugar
- 1 tablespoon vegetable oil

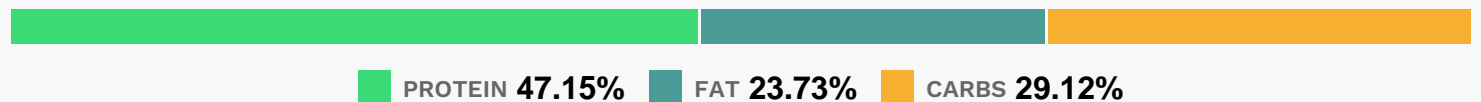
## Equipment

- bowl
- ladle
- pot

## Directions

- Heat the vegetable oil in a large pot over medium-high heat.
- Add the scallion whites and cook until slightly tender, 2 to 3 minutes. Stir in the ginger and cook about 1 minute.
- Add 7 cups water, the soy sauce, sugar, salt to taste, 3/4 teaspoon pepper and the mushrooms. Cover and bring the broth to a simmer.
- Mix the cornstarch with 1/4 cup cold water and gradually stir into the broth. Bring to a gentle boil, stirring; the broth will thicken slightly.
- Add the scallion greens, tomatoes and white fish to the broth, and simmer until the fish is opaque, about 3 minutes.
- Add the scallops, vinegar, and salt and pepper to taste (the scallops will cook instantly from the heat of the soup). Ladle into bowls.
- Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:59.27, Glycemic Load:1.87, Inflammation Score:-5, Nutrition Score:14.038260750149%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## **Nutrients (% of daily need)**

Calories: 201.31kcal (10.07%), Fat: 5.3g (8.15%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 13.25g (4.82%), Sugar: 3.37g (3.75%), Cholesterol: 52.73mg (17.58%), Sodium: 556.56mg (24.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.68g (47.36%), Selenium: 42.91µg (61.29%), Phosphorus: 337.82mg (33.78%), Vitamin B12: 1.94µg (32.39%), Vitamin B3: 4.99mg (24.96%), Vitamin K: 22.31µg (21.25%), Vitamin D: 2.75µg (18.33%), Potassium: 550.83mg (15.74%), Vitamin B6: 0.29mg (14.48%), Magnesium: 47.32mg (11.83%), Folate: 41.34µg (10.34%), Vitamin B5: 0.98mg (9.79%), Manganese: 0.19mg (9.25%), Vitamin B2: 0.14mg (8.38%), Copper: 0.15mg (7.46%), Zinc: 1.09mg (7.23%), Vitamin C: 5.46mg (6.62%), Vitamin A: 319.33IU (6.39%), Iron: 1.09mg (6.05%), Vitamin E: 0.84mg (5.6%), Fiber: 1.37g (5.49%), Vitamin B1: 0.06mg (3.93%), Calcium: 22.97mg (2.3%)