



Hot-and-Sour Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup matchstick-cut bamboo shoots canned rinsed drained
- ☐ 4 cups chicken broth canned
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup tree ears
- ☐ 1 large eggs
- ☐ 0.1 teaspoon granulated sugar
- ☐ 0.3 teaspoon ground pepper white
- ☐ 4 mushrooms dried chinese (or shiitake)

- ☐ 0.3 cup fatty pork lean cut into julienne strips (from a center-cut pork chop)
- ☐ 5 tablespoons rice wine vinegar
- ☐ 2 tablespoons scallions chopped
- ☐ 1 teaspoon sesame oil toasted
- ☐ 4 ounces block tofu firm rinsed cut into 1/4-inch cubes (3/4 cup)

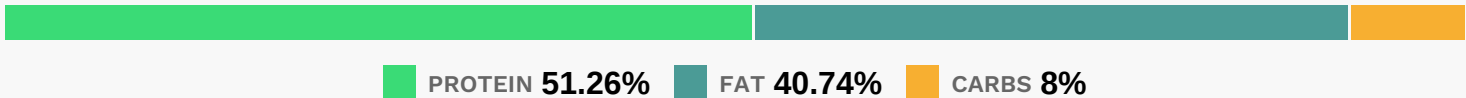
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a small bowl, soak mushrooms in 1/2 cup hot water for 15 minutes.
- ☐ Drain and squeeze dry; reserve soaking liquid.
- ☐ Cut off and discard stems; slice caps thinly. In a small bowl, soak the tree ears (if using) in 1/2 cup hot water for 30 minutes.
- ☐ Drain and squeeze dry.
- ☐ Remove any hard spots, and roughly chop the tree ears. Discard the soaking liquid.
- ☐ In a large saucepan, combine broth, 1 cup water, vinegar, and reserved mushroom liquid; bring to a boil over high heat.
- ☐ Add pork, mushrooms, tree ears, tofu, and bamboo shoots.
- ☐ In a small bowl, whisk together the cornstarch and 3 tablespoons cold water. When soup returns to a boil, stir in cornstarch mixture, stirring constantly until soup is just thickened (about 30 seconds). Stir in egg, and remove from heat. Stir in the oil, white pepper, sugar, and scallions.

Nutrition Facts



Properties

Glycemic Index:57.77, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:17.253478247186%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 487.93kcal (24.4%), Fat: 21.32g (32.8%), Saturated Fat: 5.7g (35.64%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 8.5g (3.09%), Sugar: 1.54g (1.71%), Cholesterol: 158.91mg (52.97%), Sodium: 1018.57mg (44.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.36g (120.72%), Selenium: 48.66µg (69.52%), Phosphorus: 402.88mg (40.29%), Zinc: 5.76mg (38.4%), Vitamin B12: 2.25µg (37.46%), Vitamin B3: 7.03mg (35.13%), Vitamin B6: 0.57mg (28.32%), Vitamin B2: 0.38mg (22.4%), Iron: 3.57mg (19.85%), Potassium: 493.08mg (14.09%), Magnesium: 50.98mg (12.75%), Vitamin K: 11.13µg (10.6%), Copper: 0.21mg (10.47%), Vitamin A: 479.43IU (9.59%), Vitamin B1: 0.14mg (9.25%), Calcium: 77.73mg (7.77%), Vitamin B5: 0.68mg (6.77%), Vitamin E: 0.92mg (6.16%), Folate: 19.49µg (4.87%), Fiber: 0.93g (3.72%), Vitamin D: 0.55µg (3.69%), Manganese: 0.07mg (3.59%), Vitamin C: 1.76mg (2.14%)