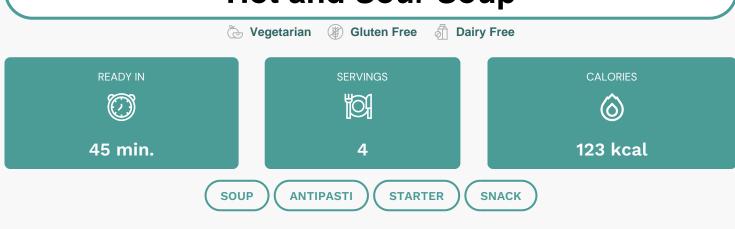


Hot and Sour Soup



Ingredients

0.5 teaspoon pepper black freshly ground
2.5 tablespoons cornstarch
1 teaspoon sesame oil dark
0.3 ounce mushroom caps dried
0.3 ounce wood ear mushrooms dried
4 large egg whites lightly beaten
0.3 cup cilantro leaves fresh minced
1 tablespoon ginger fresh minced peeled

	1 teaspoon garlic minced
	0.5 cup green onions chopped
	1 tablespoon soya sauce low-sodium
	0.3 cup rice vinegar
	0.5 pound extrafirm tofu firm drained cut into 1/4-inch cubes reduced-fat
	2.3 cups water divided
	32 ounce carton fat-free organic (such as Swanson Certified)
Eq	uipment
	bowl
	sauce pan
	whisk
	wooden spoon
Di	rections
Ш	Place mushrooms in a medium bowl; cover with boiling water. Cover and let stand 10 minutes or until tender; drain. Thinly slice mushrooms; set aside.
	-
	or until tender; drain. Thinly slice mushrooms; set aside. Combine broth, 2 cups water, ginger, and garlic in a large saucepan over medium-high heat;
	or until tender; drain. Thinly slice mushrooms; set aside. Combine broth, 2 cups water, ginger, and garlic in a large saucepan over medium-high heat; bring to a boil.
	or until tender; drain. Thinly slice mushrooms; set aside. Combine broth, 2 cups water, ginger, and garlic in a large saucepan over medium-high heat; bring to a boil. Add mushrooms. Reduce heat, and simmer 5 minutes.
	or until tender; drain. Thinly slice mushrooms; set aside. Combine broth, 2 cups water, ginger, and garlic in a large saucepan over medium-high heat; bring to a boil. Add mushrooms. Reduce heat, and simmer 5 minutes. Add vinegar, soy sauce, pepper, and tofu; bring to a boil. Reduce heat, and simmer 5 minutes. Combine remaining 1/4 cup water and cornstarch, stirring with a whisk. Stir cornstarch mixture into broth mixture; bring to a boil. Reduce heat; simmer 3 minutes or until soup thickens slightly, stirring frequently. Slowly pour egg whites into broth mixture in a steady

Nutrition Facts

Properties

Glycemic Index:62.75, Glycemic Load:1.77, Inflammation Score:-5, Nutrition Score:5.7230434560257%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 123.31kcal (6.17%), Fat: 3.66g (5.63%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 11.35g (4.13%), Sugar: 2.85g (3.16%), Cholesterol: Omg (0%), Sodium: 1119.02mg (48.65%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 9.6g (19.2%), Vitamin K: 29.54µg (28.13%), Vitamin A: 679.93IU (13.6%), Vitamin B2: 0.19mg (11.26%), Selenium: 7.88µg (11.26%), Calcium: 92.08mg (9.21%), Copper: 0.15mg (7.45%), Manganese: 0.13mg (6.42%), Iron: 1.08mg (5.99%), Vitamin B5: 0.5mg (5.02%), Fiber: 1.23g (4.93%), Potassium: 153.61mg (4.39%), Folate: 15.59µg (3.9%), Vitamin C: 3.12mg (3.79%), Magnesium: 15.15mg (3.79%), Phosphorus: 26.91mg (2.69%), Vitamin B6: 0.05mg (2.44%), Vitamin B3: 0.46mg (2.3%), Zinc: 0.27mg (1.83%), Vitamin B1: 0.02mg (1.38%)