



## Hot and Sour Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



123 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## 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 )

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

## Directions

- ☐ 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.
- ☐ 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 stream, stirring constantly but gently with a wooden spoon.
- ☐ Remove from heat; stir in onions, cilantro, and sesame oil.
- ☐ Drizzle with chili oil, if desired.

## Nutrition Facts



 PROTEIN **31.56%**  FAT **27.08%**  CARBS **41.36%**

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: 0.01mg 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: 0mg (0%), Sodium: 1119.02mg (48.65%), Alcohol: 0g (100%), Alcohol %: 0% (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%)