



Hot-and-Sour Soup



Gluten Free



Dairy Free

READY IN



24 min.

SERVINGS



14

CALORIES



101 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce bamboo skewers sliced cut into slivers canned
- ☐ 2 tablespoons canola oil
- ☐ 8 cups chicken broth
- ☐ 2 tablespoons cornstarch mixed with 2 tablespoons water
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon ginger fresh grated
- ☐ 8 ounces mushroom caps fresh stemmed sliced
- ☐ 2 garlic cloves minced

- ☐ 0.5 teaspoon cracked pepper
- ☐ 0.5 cup seasoned rice vinegar
- ☐ 1 teaspoon sesame oil
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 cup snow peas
- ☐ 0.8 cup soya sauce

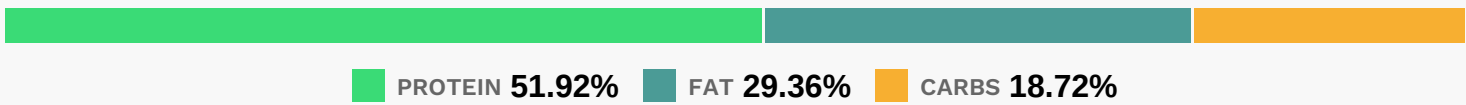
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium heat.
- ☐ Add garlic and ginger; saut 30 seconds or until fragrant.
- ☐ Add mushrooms; saut 1 minute. Stir in broth, next 5 ingredients, and chili paste, if desired, and bring to a boil.
- ☐ Stir in shrimp and snow peas, and cook 2 to 3 minutes or until shrimp turn pink.
- ☐ Add cornstarch mixture, and simmer 1 to 2 minutes or until slightly thickened.
- ☐ Remove from heat.
- ☐ Pour in egg, stirring slowly in one direction.

Nutrition Facts



Properties

Glycemic Index:14.71, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:5.7708696049193%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 100.87kcal (5.04%), Fat: 3.33g (5.13%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 3.82g (1.39%), Sugar: 1.79g (1.99%), Cholesterol: 94.22mg (31.41%), Sodium: 1258.67mg (54.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.54%), Phosphorus: 159.96mg (16%), Copper: 0.28mg (14.05%), Manganese: 0.24mg (12.18%), Vitamin B2: 0.16mg (9.42%), Zinc: 1.14mg (7.63%), Potassium: 264.92mg (7.57%), Magnesium: 29.89mg (7.47%), Vitamin B3: 1.49mg (7.44%), Vitamin B6: 0.12mg (5.9%), Iron: 0.99mg (5.52%), Vitamin C: 4.54mg (5.5%), Calcium: 47.33mg (4.73%), Vitamin B5: 0.43mg (4.29%), Selenium: 2.93µg (4.19%), Vitamin E: 0.58mg (3.85%), Fiber: 0.96g (3.84%), Vitamin B1: 0.06mg (3.68%), Vitamin K: 3.35µg (3.19%), Folate: 9.53µg (2.38%), Vitamin A: 100.6IU (2.01%)