



Hot and Sour Soup



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



40

CALORIES



44 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon chili paste depending on your taste pref red
- ☐ 1 large eggs beaten
- ☐ 2 tablespoons ginger fresh grated
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 lemongrass stalk crushed cut into 4 pieces and (or 1 1/2 teaspoons lemongrass paste)
- ☐ 1 ounce mushrooms dried such as shiitake or wood ear
- ☐ 40 servings bell pepper to taste
- ☐ 0.3 cup rice vinegar

- ☐ 40 servings salt to taste
- ☐ 40 servings garnishes: scallions fresh thinly sliced chopped
- ☐ 1 teaspoon sesame oil toasted
- ☐ 0.3 cup soya sauce
- ☐ 10.5 ounce spicy tofu firm drained cut into 1/2-inch cubes
- ☐ 1 cup turkey shredded cooked
- ☐ 6 cups vegetable broth low-sodium canned
- ☐ 2 tablespoons vegetable oil

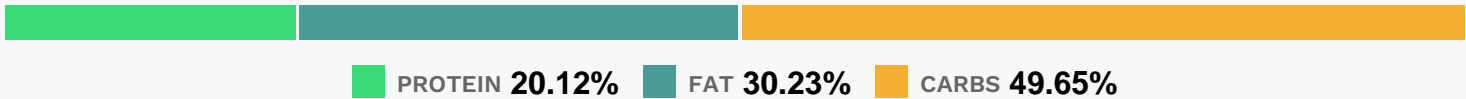
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place mushrooms in a large bowl. Bring stock to a boil, and pour over mushrooms.
- ☐ Let stand 30 minutes or until softened. Strain mushrooms, reserving stock, and squeeze excess liquid into bowl. Slice mushrooms thinly; discard any tough stems.
- ☐ Heat vegetable oil in large saucepan over medium heat.
- ☐ Add garlic and next 3 ingredients. Stir in mushrooms. Cook about 2 minutes.
- ☐ Add reserved stock, soy sauce, vinegar, and sesame oil; simmer about 3 minutes.
- ☐ Add tofu and turkey, and simmer about 3 minutes or until heated through. Stir in cornstarch mixture to thicken, if desired, and simmer about 2 minutes. Gently stir in egg to form thin ribbons.
- ☐ Remove lemongrass pieces, season with salt and pepper, and serve.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:6.65, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:10.823913026763%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 43.96kcal (2.2%), Fat: 1.61g (2.48%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 4.14g (1.51%), Sugar: 3.68g (4.09%), Cholesterol: 6.44mg (2.15%), Sodium: 424.82mg (18.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin C: 96.66mg (117.16%), Vitamin A: 2476.46IU (49.53%), Vitamin K: 17.35µg (16.52%), Vitamin B6: 0.25mg (12.26%), Folate: 39.43µg (9.86%), Vitamin E: 1.28mg (8.56%), Fiber: 1.81g (7.25%), Manganese: 0.11mg (5.69%), Potassium: 191.18mg (5.46%), Vitamin B3: 1.05mg (5.23%), Vitamin B2: 0.08mg (4.96%), Iron: 0.6mg (3.34%), Phosphorus: 31.97mg (3.2%), Vitamin B1: 0.05mg (3.18%), Vitamin B5: 0.3mg (2.98%), Magnesium: 11.91mg (2.98%), Calcium: 20.96mg (2.1%), Zinc: 0.29mg (1.92%), Selenium: 1.15µg (1.64%), Copper: 0.03mg (1.36%)