



## Hot and Sour Soup



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



118 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 can bamboo skewers
- ☐ 4 cups chicken broth gluten-free for version (use broth )
- ☐ 0.3 teaspoon chili oil
- ☐ 1 tablespoon cornstarch
- ☐ 1 eggs beaten
- ☐ 6 mushroom caps dried fresh black
- ☐ 1.5 teaspoons ground pepper white finely
- ☐ 2 tablespoons red wine vinegar

- ☐ 1 tablespoon rice vinegar white
- ☐ 0.3 teaspoon salt
- ☐ 3 scallions diced
- ☐ 1 teaspoon sesame oil
- ☐ 1.5 tablespoons soya sauce
- ☐ 0.5 block of tofu diced firm
- ☐ 6 fungus dried black chinese
- ☐ 5 lily buds dried
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## Equipment

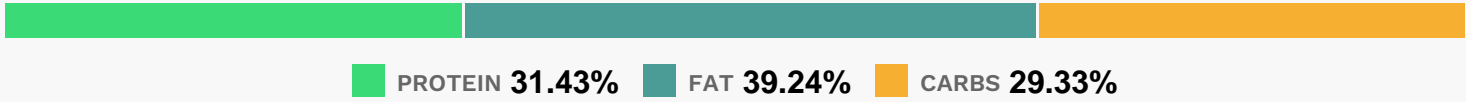
- ☐ knife

## Directions

- ☐ Pour boiling water over the mushrooms until the mushrooms are covered and allow them to soak for 20 minutes, turning the mushrooms over occasionally. It may not seem like a lot but they will grow quite a bit. After soaking remove any woody ends with a knife.
- ☐ Cut mushrooms into strips. Reserve 1/4 cup of the liquid and mix with the cornstarch. (If using fresh enoki mushrooms set aside as they do not need to soak).<sup>2</sup>
- ☐ Pour boiling water over the lily buds until covered and allow to sit for 15 minutes.
- ☐ Cut the buds crosswise then tear them up into a few bunches. <sup>3</sup>
- ☐ Mix the vinegars and soy sauce together and set aside. Open the can of bamboo shoots, drain well, and cut the shoots lengthwise into strips. <sup>4</sup>
- ☐ Place the chicken broth into a pot and bring to a boil over high heat.
- ☐ Add the tofu, mushrooms, lily buds, bamboo shoots, vinegar mixture, and cornstarch mixture.
- ☐ Mix and bring back to a boil. Once it comes to a boil remove from heat. While stirring the soup slowly pour the egg into the broth in a small stream while stirring the soup allowing the egg to instantly cook and feather into the soup. <sup>5</sup>

- ☐ Add the scallions, white pepper, sesame oil, and chili oil if using. Taste and adjust white pepper, vinegar, and salt to taste.
- ☐ Add cilantro to garnish and for added flavor.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:36, Glycemic Load:0.68, Inflammation Score:-2, Nutrition Score:6.9213042829348%

## Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 118.26kcal (5.91%), Fat: 5.29g (8.13%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 6.9g (2.51%), Sugar: 2.8g (3.11%), Cholesterol: 45.62mg (15.21%), Sodium: 1418.97mg (61.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.05%), Vitamin K: 18.95µg (18.05%), Manganese: 0.32mg (15.95%), Vitamin B2: 0.24mg (14.32%), Copper: 0.22mg (11.04%), Calcium: 93.48mg (9.35%), Iron: 1.63mg (9.08%), Fiber: 1.99g (7.95%), Selenium: 5.54µg (7.92%), Vitamin B6: 0.14mg (7.1%), Phosphorus: 66.41mg (6.64%), Zinc: 0.92mg (6.16%), Vitamin B5: 0.61mg (6.1%), Vitamin B3: 1.14mg (5.71%), Vitamin B1: 0.08mg (5.63%), Potassium: 175.68mg (5.02%), Vitamin E: 0.72mg (4.81%), Folate: 16.63µg (4.16%), Magnesium: 13.85mg (3.46%), Vitamin A: 162.35IU (3.25%), Vitamin C: 2.66mg (3.22%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.28µg (1.86%)