



Hot and Sour Soup with Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce bamboo skewers drained sliced canned
- ☐ 0.3 teaspoon chili oil
- ☐ 1 tablespoon cornstarch
- ☐ 1 large egg whites beaten
- ☐ 3 cups fat-skimmed beef broth fat-free
- ☐ 2 tablespoons spring onion chopped
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 1 tablespoon soy sauce low-sodium

- ☐ 0.5 cup mushrooms
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 8 ounces tofu firm drained cut into 1-inch cubes reduced-fat
- ☐ 2 tablespoons water
- ☐ 1 teaspoon pepper white

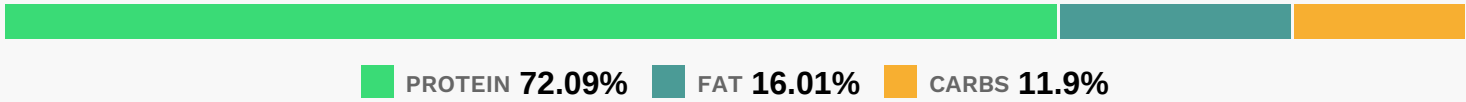
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer 5 minutes.
- ☐ Add juice, pepper, shrimp, and tofu to pan; bring to a boil. Cook 2 minutes or until shrimp are almost done.
- ☐ Combine cornstarch and water in a small bowl, stirring until smooth.
- ☐ Add cornstarch mixture to pan; cook 1 minute, stirring constantly with a whisk. Slowly drizzle egg white into pan, stirring constantly.
- ☐ Remove from heat; stir in chili oil and onions.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:10.935217521761%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg,

Naringenin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg
Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 233.34kcal (11.67%), Fat: 4.24g (6.52%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 5.43g (1.97%), Sugar: 2.12g (2.35%), Cholesterol: 273.86mg (91.29%), Sodium: 1064.43mg (46.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.91g (85.81%), Phosphorus: 418.11mg (41.81%), Copper: 0.81mg (40.74%), Calcium: 197.53mg (19.75%), Zinc: 2.8mg (18.68%), Potassium: 629.54mg (17.99%), Magnesium: 70mg (17.5%), Iron: 2.24mg (12.44%), Manganese: 0.22mg (10.79%), Selenium: 6.91µg (9.88%), Vitamin B2: 0.15mg (8.76%), Vitamin B3: 1.54mg (7.71%), Fiber: 1.65g (6.6%), Vitamin B6: 0.13mg (6.34%), Vitamin C: 5.17mg (6.27%), Vitamin K: 6.36µg (6.06%), Vitamin B12: 0.35µg (5.88%), Vitamin B5: 0.48mg (4.79%), Vitamin E: 0.44mg (2.94%), Folate: 11.38µg (2.84%), Vitamin B1: 0.04mg (2.82%)