



Hot and Sour Soup with Tofu



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



115 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bamboo skewers canned drained sliced cut into julienne strips
- ☐ 2.5 tablespoons cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 1 tablespoon ginger fresh peeled finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup thinly green onion tops diagonally sliced
- ☐ 2 tablespoons less-sodium soy sauce

- ☐ 0.5 ounce shiitake mushroom caps dried sliced
- ☐ 2 teaspoons sugar
- ☐ 1.8 cups water divided
- ☐ 14 ounce water-packed tofu firm drained
- ☐ 0.8 teaspoon pepper white
- ☐ 0.3 cup vinegar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place tofu on several layers of paper towels. Cover tofu with several more layers of paper towels; top with a cast-iron skillet or other heavy pan.
- ☐ Let stand 30 minutes. Discard paper towels.
- ☐ Cut tofu into 1-inch cubes.
- ☐ Bring 1 1/2 cups water to a boil in a small saucepan; remove from heat. Stir in mushrooms; let stand 30 minutes. Stir in broth and next 6 ingredients (through garlic); bring to a boil. Reduce heat, and simmer 10 minutes, stirring occasionally.
- ☐ Combine remaining 1/4 cup water and cornstarch in a small bowl, stirring with a whisk until smooth. Stir cornstarch mixture, tofu, and bamboo shoots into broth mixture; bring to a boil. Cook 1 minute, stirring occasionally; remove from heat. Slowly drizzle egg into broth mixture (do not stir).
- ☐ Place pan over low heat; cook 1 minute. Stir soup gently to combine.
- ☐ Sprinkle with green onions.

Nutrition Facts



 PROTEIN **55.74%**  FAT **14.47%**  CARBS **29.79%**

Properties

Glycemic Index:38.18, Glycemic Load:1.21, Inflammation Score:-3, Nutrition Score:12.90521752316%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 114.76kcal (5.74%), Fat: 1.8g (2.77%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 7.51g (2.73%), Sugar: 2.13g (2.36%), Cholesterol: 54.81mg (18.27%), Sodium: 974.4mg (42.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.6g (31.2%), Selenium: 52.21µg (74.58%), Vitamin B3: 7.88mg (39.4%), Vitamin B12: 2.08µg (34.61%), Vitamin K: 17.42µg (16.59%), Vitamin B6: 0.31mg (15.44%), Phosphorus: 148.26mg (14.83%), Copper: 0.23mg (11.61%), Vitamin B2: 0.18mg (10.49%), Iron: 1.81mg (10.05%), Vitamin B5: 0.96mg (9.64%), Potassium: 268.77mg (7.68%), Manganese: 0.14mg (7.22%), Magnesium: 28.44mg (7.11%), Vitamin D: 1.05µg (7.02%), Zinc: 0.93mg (6.23%), Folate: 20.15µg (5.04%), Calcium: 36.04mg (3.6%), Vitamin B1: 0.05mg (3.48%), Vitamin A: 167.47IU (3.35%), Fiber: 0.83g (3.32%), Vitamin E: 0.46mg (3.04%), Vitamin C: 2.05mg (2.49%)