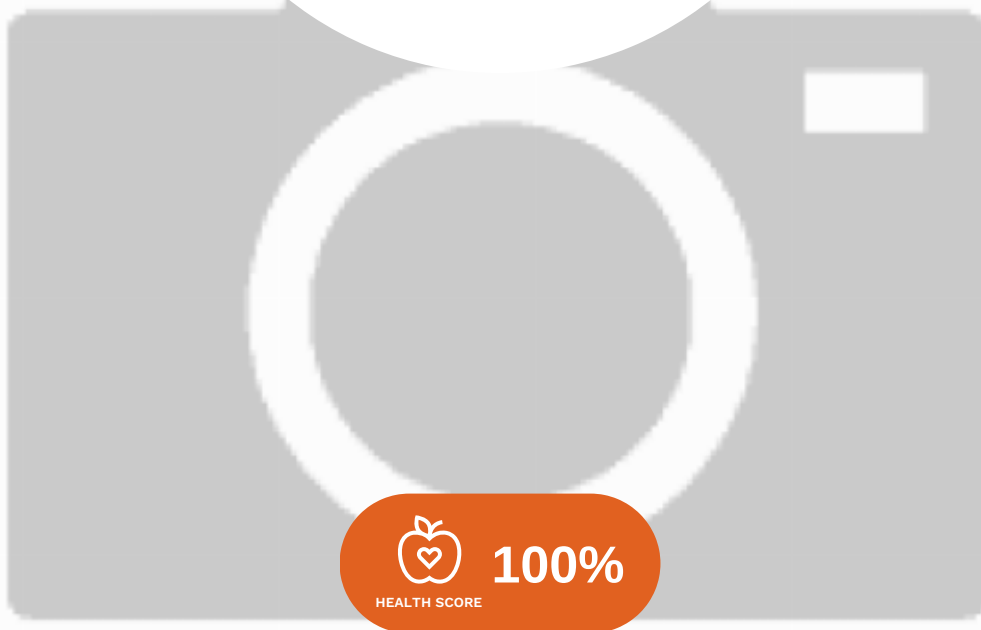




Korean Tofu and Vegetable Soup



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups beef stock
- ☐ 1 pound daikon radish cut into 1 1/2 x 1/4 inch pieces
- ☐ 4 inch dashi kombu dried kelp
- ☐ 16 ounce medium-firm tofu cut into 1 1/2 x 1/4 inch dominoes
- ☐ 5 cloves garlic chopped
- ☐ 2 large green onions sliced
- ☐ 1 pound napa cabbage sliced
- ☐ 1 pepper red hot seeded sliced

- ☐ 1 pound baby squash yellow cut into 1 1/2x1/4 inch dominoes
- ☐ 0.3 cup toonjang fermented soybean paste
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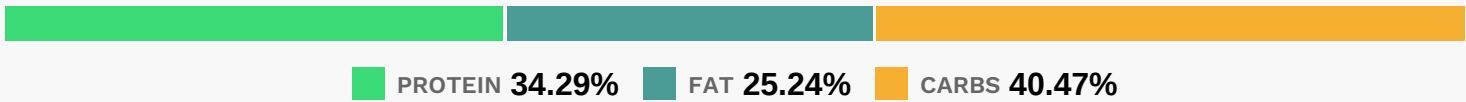
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Pour the beef stock into a stock pot or large deep skillet over medium-high heat. Stir in the toonjang until dissolved.
- ☐ Add the kelp and garlic, and bring to a boil. Put in the tofu, cabbage, daikon and yellow squash, cover and return to a boil. Cook gently for 5 minutes. Then add the green onions and hot pepper, and boil for a minute, or until the onion and pepper become fragrant and brightly colored. Limit the cooking time to no more than 15 minutes.
- ☐ Remove and discard kelp.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:3.63, Inflammation Score:-9, Nutrition Score:25.01391303021%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 193.77kcal (9.69%), Fat: 5.84g (8.99%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 14.68g (5.34%), Sugar: 9.83g (10.93%), Cholesterol: 0mg (0%), Sodium: 406.97mg (17.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.86g (35.71%), Vitamin C: 116.52mg (141.24%), Vitamin K:

81.64µg (77.76%), Folate: 184.19µg (46.05%), Vitamin B6: 0.8mg (40.11%), Potassium: 1271.97mg (36.34%), Vitamin A: 1646.78IU (32.94%), Calcium: 313.23mg (31.32%), Manganese: 0.58mg (28.9%), Vitamin B2: 0.45mg (26.32%), Fiber: 6.39g (25.56%), Iron: 3.5mg (19.43%), Magnesium: 74.84mg (18.71%), Phosphorus: 177.02mg (17.7%), Copper: 0.35mg (17.45%), Vitamin B3: 3.2mg (15.99%), Vitamin B1: 0.21mg (14.24%), Zinc: 1.26mg (8.42%), Selenium: 4.52µg (6.45%), Vitamin B5: 0.59mg (5.94%), Vitamin E: 0.85mg (5.69%)