



Lucky Chinese Soup

 **Gluten Free**  **Dairy Free**

READY IN



21 min.

SERVINGS



4

CALORIES



80 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup bamboo skewers canned drained sliced
- 0.3 teaspoon pepper black
- 0.3 teaspoon chili oil
- 0.5 teaspoon sesame oil dark
- 1 large eggs lightly beaten
- 3 cups less-sodium chicken broth fat-free
- 0.5 tablespoon fish sauce
- 0.3 cup green onions minced

- 2 ounces shiitake mushroom caps thinly sliced
- 0.3 teaspoon sugar
- 6 ounces spicy tofu firm cubed

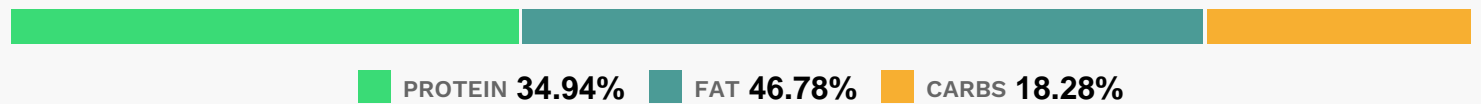
Equipment

- sauce pan

Directions

- Bring broth to a boil in covered 2-quart saucepan; add mushroom slices, tofu, and bamboo shoots. Return to a boil; cook, uncovered, 5 minutes.
- Remove from heat; stir in the fish sauce and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:53.27, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:5.3195652080619%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 79.5kcal (3.98%), Fat: 4.26g (6.56%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.6g (1.78%), Cholesterol: 46.5mg (15.5%), Sodium: 896.03mg (38.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.32%), Vitamin K: 13.4µg (12.76%), Selenium: 8.74µg (12.48%), Vitamin B3: 1.62mg (8.11%), Vitamin B2: 0.14mg (7.95%), Vitamin B12: 0.46µg (7.71%), Calcium: 74.79mg (7.48%), Iron: 1.21mg (6.72%), Phosphorus: 66.74mg (6.67%), Vitamin B5: 0.63mg (6.35%), Vitamin B6: 0.13mg (6.27%), Manganese: 0.12mg (5.78%), Fiber: 1.15g (4.61%), Copper: 0.09mg (4.55%), Potassium: 151.91mg (4.34%), Folate: 15.16µg (3.79%), Zinc: 0.49mg (3.3%), Magnesium: 12.19mg (3.05%), Vitamin A: 133.22IU (2.66%), Vitamin E: 0.33mg (2.19%), Vitamin D: 0.31µg (2.04%), Vitamin B1: 0.03mg (1.85%), Vitamin C: 1.39mg (1.69%)