



 5%
HEALTH SCORE

Oriental Hot 'n' Sour Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



35 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup bamboo skewers
- 1 teaspoon peppercorns whole black
- 8 cups chicken broth
- 2 teaspoons chili powder
- 5 slices ginger fresh
- 1 cup mushrooms fresh sliced
- 1 cup mushrooms fresh sliced
- 6 spring onion fresh chopped

- 1 bell pepper diced red
- 0.5 cup rice vinegar
- 2 teaspoons sesame oil

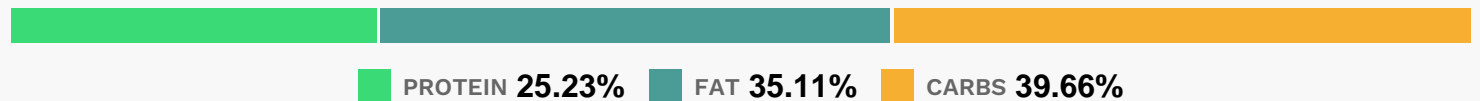
Equipment

- bowl
- pot

Directions

- In a large cooking pot, add chicken broth, ginger root, and peppercorns, and bring to boil. Reduce heat to low and simmer uncovered for 20 minutes.
- Strain broth, discard ginger root and peppercorns. Return strained broth to pot.
- Add green onions, red pepper, mushrooms, bamboo shoots, rice wine vinegar, chili powder, and sesame oil. Simmer for 10 minutes or until vegetables are just tender.
- Serve in soup bowls over cooked white or brown rice.

Nutrition Facts



Properties

Glycemic Index:25.7, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:5.6160869546559%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 34.74kcal (1.74%), Fat: 1.42g (2.18%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 2.6g (0.95%), Sugar: 2.05g (2.28%), Cholesterol: 3.76mg (1.25%), Sodium: 707.63mg (30.77%), Alcohol: 0g (100%), Protein: 2.29g (4.59%), Vitamin C: 17.12mg (20.76%), Vitamin K: 16.74µg (15.94%), Vitamin B2: 0.21mg (12.4%), Vitamin A: 570.12IU (11.4%), Manganese: 0.2mg (10.22%), Vitamin B3: 1.33mg (6.64%), Copper: 0.12mg (5.94%), Potassium: 163.97mg (4.68%), Vitamin B1: 0.07mg (4.61%), Vitamin B6: 0.08mg (4.03%), Fiber: 1.01g (4.02%), Selenium: 2.8µg (4.01%), Vitamin B5: 0.37mg (3.66%), Vitamin E: 0.52mg (3.49%), Folate: 13.87µg (3.47%), Phosphorus: 34.42mg (3.44%), Iron: 0.53mg (2.95%), Zinc: 0.37mg (2.44%), Magnesium: 8.68mg (2.17%),

Calcium: 18.91mg (1.89%)