



Oriental Spicy and Sour Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 2 cups chicken broth
- ☐ 2 tablespoons cornstarch
- ☐ 1 bunch green onions sliced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2 bell peppers red julienned
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 2 teaspoons red wine vinegar

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sesame oil
- ☐ 0.5 pound snow peas
- ☐ 2 tablespoons soya sauce
- ☐ 1 pound spicy tofu firm cubed
- ☐ 3 tablespoons vegetable oil
- ☐ 2 cups vegetable stock
- ☐ 3 tablespoons water

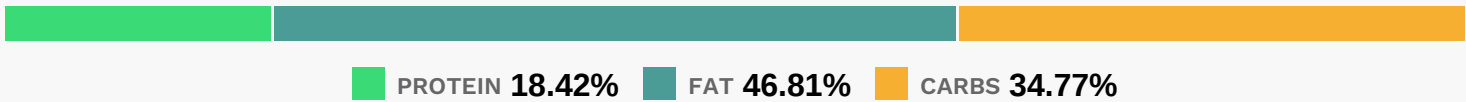
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat oil in large saucepan over medium-high heat.
- ☐ Add peppers and onion; stir-fry about 5 minutes.
- ☐ Add chicken broth, vegetable stock, and soy sauce. Bring to boiling. Lower heat; simmer for about 5 minutes.
- ☐ Stir together vinegar, red pepper flakes, salt, pepper, cornstarch, water, and sesame oil in a small bowl until smooth.
- ☐ Add to soup with fresh snow peas (if using); cook for about 5 minutes or until thickened and bubbly.
- ☐ Add tofu, frozen snow peas (if using), and water chestnuts. Gently heat through.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:10.166956619724%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 157.3kcal (7.86%), Fat: 8.42g (12.95%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 10.97g (3.99%), Sugar: 4.55g (5.06%), Cholesterol: 1.17mg (0.39%), Sodium: 788.1mg (34.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.91%), Vitamin C: 56.23mg (68.15%), Vitamin A: 1433.09IU (28.66%), Vitamin K: 24.47µg (23.31%), Fiber: 3.1g (12.42%), Iron: 2.02mg (11.21%), Vitamin B6: 0.22mg (10.79%), Manganese: 0.21mg (10.52%), Calcium: 93.14mg (9.31%), Vitamin E: 1.31mg (8.76%), Folate: 30.91µg (7.73%), Vitamin B2: 0.1mg (6.11%), Potassium: 203.45mg (5.81%), Vitamin B1: 0.08mg (5.36%), Vitamin B3: 0.96mg (4.79%), Copper: 0.09mg (4.64%), Phosphorus: 41.36mg (4.14%), Magnesium: 16.04mg (4.01%), Vitamin B5: 0.4mg (3.96%), Zinc: 0.4mg (2.66%), Selenium: 0.91µg (1.3%)