



Sarah's Tofu Noodle Soup

READY IN



55 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 2 cups carrots sliced
- ☐ 1.5 cups celery chopped
- ☐ 12 cups vegetarian chicken-flavored broth
- ☐ 0.3 cup cornstarch
- ☐ 0.5 teaspoon basil dried
- ☐ 0.3 teaspoon marjoram dried
- ☐ 0.3 teaspoon rosemary dried

- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 cups extra wide egg noodles
- ☐ 14 ounce extra-firm tofu cubed drained
- ☐ 1.5 teaspoons garlic minced
- ☐ 1.5 cups onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon poultry seasoning
- ☐ 0.3 cup raisins
- ☐ 3 tablespoons water cold

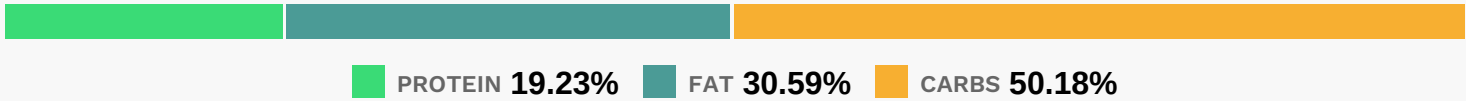
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Melt the butter in a stockpot over medium heat. Stir in the carrots, onion, celery, and garlic and cook until just tender, about 10 minutes.
- ☐ Pour in the broth and bring to a boil over high heat. Once boiling, add the noodles, tofu, raisins, basil, oregano, poultry seasoning, thyme, rosemary, marjoram, and pepper. Dissolve the cornstarch and water in a small bowl. Stir the cornstarch mixture into the soup. Return soup to a boil, then reduce heat to medium-low, cover, and simmer for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:102.66, Glycemic Load:13.29, Inflammation Score:-10, Nutrition Score:19.016086998193%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg

Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg

Nutrients (% of daily need)

Calories: 365.18kcal (18.26%), Fat: 12.74g (19.6%), Saturated Fat: 4.5g (28.15%), Carbohydrates: 47.02g (15.67%), Net Carbohydrates: 41.24g (15%), Sugar: 9.81g (10.89%), Cholesterol: 45.11mg (15.04%), Sodium: 2749.65mg (119.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.01g (36.03%), Vitamin A: 11076.24IU (221.52%), Manganese: 0.8mg (39.83%), Vitamin B2: 0.53mg (31.27%), Selenium: 18.85µg (26.93%), Vitamin K: 26.41µg (25.15%), Fiber: 5.78g (23.11%), Calcium: 225.68mg (22.57%), Potassium: 654.95mg (18.71%), Vitamin B1: 0.27mg (18.15%), Iron: 3.08mg (17.09%), Vitamin B3: 2.9mg (14.5%), Copper: 0.27mg (13.59%), Phosphorus: 135.39mg (13.54%), Vitamin B6: 0.27mg (13.37%), Vitamin C: 10.29mg (12.47%), Folate: 44.6µg (11.15%), Magnesium: 41.64mg (10.41%), Zinc: 1.23mg (8.2%), Vitamin E: 1.12mg (7.46%), Vitamin B5: 0.6mg (6.02%), Vitamin B12: 0.21µg (3.47%)