



Shiitake Mushroom and Tofu Soup

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cilantro leaves
- 2 teaspoons ginger fresh minced
- 1 cup mushroom caps fresh stemmed sliced
- 1 garlic clove minced
- 0.5 cup green onions sliced
- 1 qt chicken broth reduced-sodium
- 2 cups napa cabbage chopped
- 4 ounces vermicelli

- 18 oz silken tofu firm cut into 1-in. cubes
- 4 teaspoons soya sauce
- 1 tablespoon vegetable oil

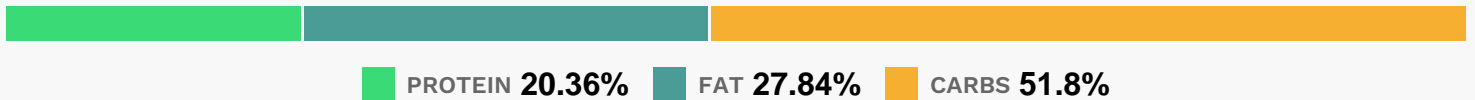
Equipment

- bowl
- ladle
- pot

Directions

- Cook vermicelli according to package directions.
- Drain and set aside.
- Meanwhile, heat oil in a large pot over medium heat.
- Add tofu; cook until browned, 2 minutes.
- Add garlic and ginger and cook about 2 minutes.
- Add mushrooms, broth, and cabbage and simmer 5 minutes. Stir in reserved noodles. Ladle soup into bowls and add cilantro, onions, and soy sauce.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:14.78, Inflammation Score:-6, Nutrition Score:15.472608711409%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 276.54kcal (13.83%), Fat: 8.83g (13.58%), Saturated Fat: 1.46g (9.16%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 34.04g (12.38%), Sugar: 4.29g (4.77%), Cholesterol: 0mg (0%), Sodium: 475.79mg (20.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.52g (29.04%), Vitamin K: 54.64µg (52.04%), Vitamin B3:

6.37mg (31.83%), Phosphorus: 282.62mg (28.26%), Copper: 0.53mg (26.41%), Potassium: 768.6mg (21.96%), Manganese: 0.42mg (20.83%), Vitamin B2: 0.29mg (17.17%), Vitamin B6: 0.33mg (16.46%), Vitamin C: 13.43mg (16.28%), Magnesium: 65.04mg (16.26%), Iron: 2.47mg (13.74%), Zinc: 1.88mg (12.51%), Folate: 48.67µg (12.17%), Fiber: 2.91g (11.66%), Vitamin B1: 0.17mg (11.57%), Selenium: 7.98µg (11.41%), Calcium: 97.56mg (9.76%), Vitamin B5: 0.95mg (9.52%), Vitamin A: 380.49IU (7.61%), Vitamin B12: 0.24µg (3.94%), Vitamin E: 0.45mg (2.97%), Vitamin D: 0.23µg (1.51%)