



Shrimp and Egg Flower Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots shredded
- ☐ 2 tablespoons cornstarch
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 tablespoon cooking sherry dry
- ☐ 2 large eggs lightly beaten
- ☐ 5 cups less-sodium chicken broth fat-free
- ☐ 1.5 teaspoons ginger fresh grated peeled
- ☐ 0.3 cup green onions thinly sliced

- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 4 ounces pre mushrooms
- ☐ 1 cup peas frozen thawed
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 2 tablespoons water

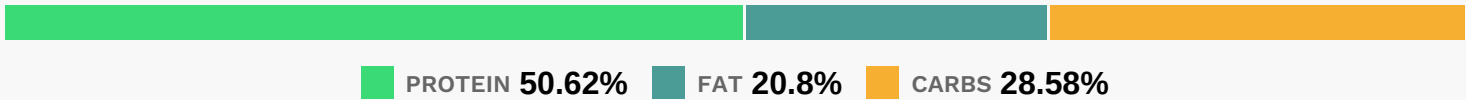
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine cornstarch and water in a small bowl, stirring with a whisk.
- ☐ Combine cornstarch mixture, broth, sherry, soy sauce, ginger, and oil in a large saucepan. Bring to a boil.
- ☐ Add mushrooms and carrot; cook 2 minutes.
- ☐ Add peas and shrimp; cook 3 minutes or until shrimp are done.
- ☐ Remove from heat.
- ☐ Slowly drizzle egg into broth mixture, stirring constantly. Stir in onions.

Nutrition Facts



Properties

Glycemic Index:46.29, Glycemic Load:2.75, Inflammation Score:-10, Nutrition Score:19.515217345694%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg,

Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 200.15kcal (10.01%), Fat: 4.64g (7.14%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 10.86g (3.95%), Sugar: 4.87g (5.41%), Cholesterol: 229.93mg (76.64%), Sodium: 1468.58mg (63.85%), Alcohol: 0.39g (100%), Alcohol %: 0.09% (100%), Protein: 25.42g (50.84%), Vitamin A: 5820.54IU (116.41%), Phosphorus: 347.85mg (34.78%), Copper: 0.58mg (29.25%), Vitamin K: 26.38µg (25.12%), Selenium: 17.42µg (24.88%), Vitamin C: 18.2mg (22.06%), Vitamin B2: 0.37mg (21.74%), Vitamin B3: 3.79mg (18.93%), Potassium: 662.38mg (18.93%), Manganese: 0.31mg (15.46%), Zinc: 2.26mg (15.06%), Magnesium: 58.86mg (14.72%), Fiber: 3.49g (13.95%), Folate: 54.93µg (13.73%), Vitamin B12: 0.8µg (13.36%), Vitamin B5: 1.29mg (12.94%), Iron: 2.23mg (12.38%), Vitamin B1: 0.18mg (11.72%), Vitamin B6: 0.23mg (11.52%), Calcium: 106.72mg (10.67%), Vitamin E: 0.59mg (3.94%), Vitamin D: 0.56µg (3.71%)