



Tofu and Lobster Mushrooms in Ginger Broth

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



3

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 clove garlic minced
- 1 tablespoon ginger minced
- 0.5 ounce lobster mushrooms dried (may use shiitake or other mushrooms)
- 1 tablespoon miso white
- 0.1 teaspoon pepper red to taste (or)
- 1 tablespoon rice wine
- 2 tablespoons soya sauce
- 1 teaspoon sugar

- 8 ounces tofu firm cut into cubes
- 1.5 cups water

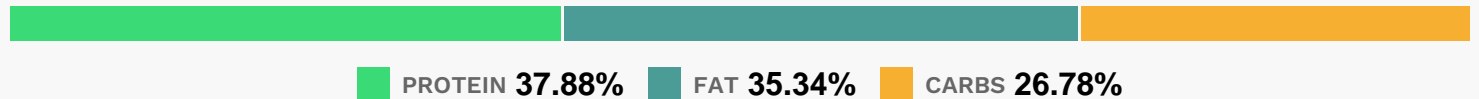
Equipment

- frying pan
- sieve
- measuring cup
- cutting board

Directions

- Remove the mushrooms to a cutting board and pour the mushroom broth through a fine-mesh strainer into a 2-cup measuring cup.
- Add enough water to reach the 2-cup mark, and return the broth to the pan. Chop the mushrooms and add them to the pan, along with all ingredients except the miso. Simmer on very low for 15 minutes. Stir miso into 1/4 cup water until it forms a smooth paste and add it to the tofu. Stir gently and return to heat for about 1 minute, and then serve over soba noodles or whole grain, garnished with sliced green onions.

Nutrition Facts



Properties

Glycemic Index:79.36, Glycemic Load:2.06, Inflammation Score:-1, Nutrition Score:2.6986956329125%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 98.39kcal (4.92%), Fat: 3.73g (5.74%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 5.21g (1.9%), Sugar: 2.26g (2.51%), Cholesterol: 0mg (0%), Sodium: 892.81mg (38.82%), Alcohol: 0.81g (100%), Alcohol %: 0.45% (100%), Protein: 9g (18.01%), Calcium: 106.54mg (10.65%), Iron: 1.41mg (7.83%), Manganese: 0.13mg (6.72%), Fiber: 1.15g (4.6%), Copper: 0.08mg (4.18%), Vitamin B3: 0.73mg (3.65%), Phosphorus: 31.55mg (3.15%), Vitamin B2: 0.05mg (3.14%), Vitamin B6: 0.06mg (2.9%), Magnesium: 10.81mg (2.7%), Potassium:

68.96mg (1.97%), Zinc: 0.26mg (1.72%), Selenium: 1.19µg (1.69%), Vitamin K: 1.77µg (1.68%), Vitamin B5: 0.15mg (1.46%), Vitamin B1: 0.02mg (1.28%), Folate: 4.35µg (1.09%)