



Tofu Hot-and-Sour Soup

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



50 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 mushrooms dried black (shiitake)
- 0.7 cup carrots shredded
- 3 medium spring onion diagonally sliced
- 1 cup baby bok choy leaves chopped
- 6 cups vegetable broth reduced-sodium (from two 32-oz cartons)
- 0.3 cup rice vinegar
- 1 tablespoon soya sauce
- 1 tablespoon vegetable broth dry reduced-sodium

- 1 teaspoon ginger finely chopped
- 1 teaspoons hot sauce red
- 0.3 teaspoon pepper white
- 0.3 teaspoon sesame oil
- 10.5 oz beer drained cut into 2 1/2x1/4-inch strips

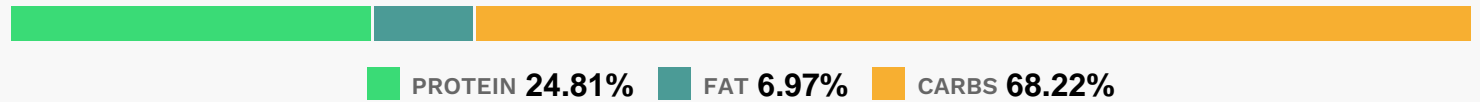
Equipment

- dutch oven

Directions

- Soak mushrooms in hot water about 20 minutes or until soft; drain. Rinse with warm water; drain.
- Remove and discard stems; cut caps into thin strips.
- Heat mushrooms and remaining ingredients except tofu to boiling in 4-quart Dutch oven; reduce heat. Cover and simmer 5 minutes. Stir in tofu. Cover and simmer 3 to 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:31.81, Glycemic Load:0.74, Inflammation Score:-9, Nutrition Score:7.0160869295182%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 50.1kcal (2.51%), Fat: 0.32g (0.49%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 4.98g (1.81%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 207.11mg (9%), Alcohol: 1.54g (100%), Alcohol %: 0.54% (100%), Protein: 2.53g (5.07%), Vitamin A: 2973.09IU (59.46%), Vitamin K: 22.75µg (21.67%), Vitamin C: 8.45mg (10.24%), Fiber: 1.98g (7.93%), Vitamin B2: 0.12mg (6.8%), Vitamin B3: 1.28mg (6.38%),

Folate: 22.2µg (5.55%), Potassium: 178.68mg (5.11%), Vitamin B6: 0.09mg (4.61%), Manganese: 0.09mg (4.53%),
Copper: 0.09mg (4.41%), Phosphorus: 40.02mg (4%), Vitamin B5: 0.38mg (3.82%), Selenium: 2.28µg (3.25%),
Magnesium: 11.3mg (2.82%), Calcium: 26.71mg (2.67%), Vitamin B1: 0.04mg (2.6%), Iron: 0.45mg (2.53%), Zinc:
0.21mg (1.41%), Vitamin E: 0.15mg (1.01%)