



Tofu Hot-and-Sour Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



63 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup baby bok choy leaves chopped
- ☐ 0.7 cup carrots shredded
- ☐ 10.5 oz extra tofu drained cut into 2 1/2x1/4-inch strips
- ☐ 1 teaspoon ginger finely chopped
- ☐ 3 medium spring onion diagonally sliced
- ☐ 6 mushrooms dried black (shiitake)
- ☐ 1 teaspoons hot sauce red
- ☐ 0.3 cup rice vinegar

- ☐ 0.3 teaspoon sesame oil
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable broth dry reduced-sodium
- ☐ 6 cups vegetable broth reduced-sodium (from two 32-oz cartons)
- ☐ 0.3 teaspoon pepper white

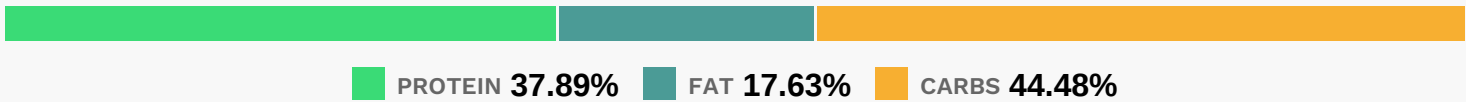
Equipment

- ☐ 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:7.9308695235978%

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: 63kcal (3.15%), Fat: 1.26g (1.94%), Saturated Fat: 0.19g (1.22%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 5.11g (1.86%), Sugar: 2.96g (3.29%), Cholesterol: 0mg (0%), Sodium: 236.38mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.17%), Vitamin A: 2973.09IU (59.46%), Vitamin K: 22.75µg (21.67%), Vitamin C: 8.45mg (10.24%), Copper: 0.18mg (9.22%), Phosphorus: 83.68mg (8.37%), Fiber: 2.03g (8.13%),

Vitamin B2: 0.13mg (7.35%), Potassium: 244.66mg (6.99%), Vitamin B3: 1.2mg (6%), Iron: 1.03mg (5.72%),
Magnesium: 22.21mg (5.55%), Vitamin B1: 0.08mg (5.05%), Folate: 19.23µg (4.81%), Manganese: 0.09mg (4.39%),
Vitamin B6: 0.08mg (4.04%), Calcium: 40.1mg (4.01%), Vitamin B5: 0.37mg (3.67%), Zinc: 0.5mg (3.36%), Selenium:
2.08µg (2.97%), Vitamin E: 0.15mg (1.01%)