

Chinese Winter Soup

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-mushroom-chinese-recipe>

Ingredients:

- 4 cups vegetable stock
- 1 cup mushrooms sliced
- 1 carrot peeled and grated
- 1 cup spinach
- 2 tablespoons tamari
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon pepper
- 1 1/2 tablespoons sesame oil
- 250 grams firm tofu diced
- 2 tablespoons coriander chopped
- 1 shallot spring onion sliced

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 13 grams
3. Fat: 11 grams
4. Fiber: 2 grams
5. Protein: 13 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1470 milligrams
8. Sugar: 4 grams

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