



Araya's Place Tom Yum Soup

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

39 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup button mushrooms sliced
- ☐ 1 Dash cilantro leaves chopped
- ☐ 3 slices galangal unpeeled
- ☐ 1 Dash green onions chopped
- ☐ 1 juice of lime juiced
- ☐ 5 kaffir lime leaves
- ☐ 3 slices lemongrass
- ☐ 0.5 onion sliced

- ☐ 2 tablespoons soya sauce thin
- ☐ 10 thai chile peppers with the edge of a knife or cooking mallet to release the flavor
- ☐ 8 medium size cubes spicy tofu your favorite (brand)
- ☐ 1 medium tomatoes sliced
- ☐ 3 cups vegetable broth

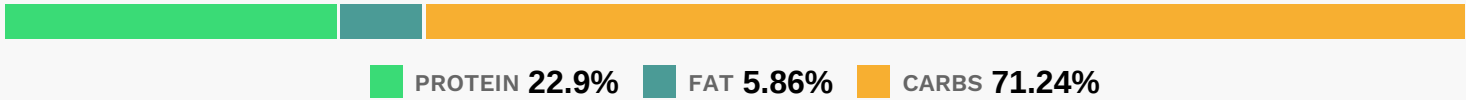
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan, bring the vegetable broth to a boil. Once boiling, add the lime leaves, galangal and lemongrass and boil for 5 minutes.
- ☐ Add the mushrooms, thin soy sauce, Thai chiles, lime juice, tomatoes, onions and tofu, if desired, and boil for another 5 minutes.
- ☐ Garnish with cilantro and green onions.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:1.86, Inflammation Score:-6, Nutrition Score:5.6843477941078%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 38.86kcal (1.94%), Fat: 0.29g (0.44%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 6.71g (2.44%), Sugar: 4.04g (4.49%), Cholesterol: 0mg (0%), Sodium: 1211.98mg (52.69%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin C: 26.31mg (31.89%), Vitamin A: 743.42IU (14.87%), Manganese: 0.17mg (8.44%), Vitamin B2: 0.13mg (7.6%), Vitamin B3: 1.51mg (7.57%), Potassium: 230.04mg (6.57%), Copper: 0.13mg (6.49%), Vitamin B6: 0.11mg (5.44%), Phosphorus: 49.18mg (4.92%), Vitamin K: 4.89µg (4.66%), Vitamin B5: 0.45mg (4.53%), Fiber: 1.09g (4.35%), Folate: 16.28µg (4.07%), Iron: 0.64mg (3.53%), Selenium: 2.43µg (3.47%), Vitamin B1: 0.05mg (3.46%), Magnesium: 13.56mg (3.39%), Zinc: 0.29mg (1.91%), Vitamin E: 0.25mg (1.65%), Calcium: 14.49mg (1.45%)