



Asian Rice Noodle and Shrimp Soup

 Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 1 cup carrots grated
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons mint leaves fresh
- ☐ 1 inch ginger peeled cut into 4 (1/4-inch) coins
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1.5 teaspoons soya sauce low-sodium
- ☐ 4 ounces shitake mushroom sliced

- ☐ 3 ounces rice noodles thin
- ☐ 2 cup scallions sliced
- ☐ 2 teaspoons sesame oil divided
- ☐ 0.5 pound shrimp deveined peeled (20 shrimp)
- ☐ 32 ounces boxed vegetable broth low-sodium

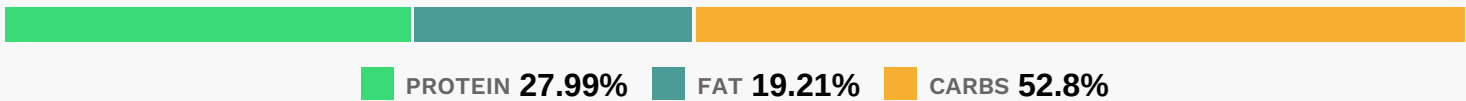
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ colander

Directions

- ☐ Bring a large pot of water to a boil; remove pan from heat.
- ☐ Add noodles; let soak just until tender (about 8 minutes).
- ☐ Drain the noodles in a colander; rinse. Toss the noodles and 1 teaspoon sesame oil in a large bowl; set aside.
- ☐ Add canola oil to pan; sautmushrooms over medium heat, stirring until soft and golden (about 23 minutes).
- ☐ Add broth, carrots, and ginger; simmer 5 minutes.
- ☐ Add shrimp; simmer until shrimp is cooked through (about 2 minutes). Stir in scallions, lime juice, soy sauce, and half of herbs.
- ☐ Divide noodles among 4 serving bowls; ladle soup over noodles.
- ☐ Sprinkle soup with remaining herbs; drizzle each with the remaining sesame oil.

Nutrition Facts



Properties

Glycemic Index:53.96, Glycemic Load:12.09, Inflammation Score:-10, Nutrition Score:17.678695588008%

Flavonoids

Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 215.37kcal (10.77%), Fat: 4.72g (7.26%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 25.16g (9.15%), Sugar: 4.28g (4.75%), Cholesterol: 91.29mg (30.43%), Sodium: 206.31mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.48g (30.96%), Vitamin A: 5965.37IU (119.31%), Vitamin K: 110.06µg (104.82%), Phosphorus: 213.93mg (21.39%), Copper: 0.4mg (19.93%), Vitamin C: 13.57mg (16.45%), Fiber: 4.04g (16.14%), Manganese: 0.31mg (15.32%), Potassium: 518.67mg (14.82%), Folate: 47.78µg (11.94%), Vitamin B2: 0.19mg (11.09%), Magnesium: 43.09mg (10.77%), Calcium: 94.93mg (9.49%), Zinc: 1.39mg (9.25%), Selenium: 6.2µg (8.86%), Iron: 1.59mg (8.83%), Vitamin B3: 1.73mg (8.65%), Vitamin E: 0.89mg (5.93%), Vitamin B6: 0.12mg (5.88%), Vitamin B5: 0.58mg (5.82%), Vitamin B1: 0.08mg (5.48%)