



Catfish Soup

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cilantro leaves
- 14 ounces coconut milk
- 2 cups dashi granules
- 1 pound us farm-raised catfish fillets cut into 1-inch pieces
- 0.3 cup fish sauce
- 1 tablespoon galangal julienned
- 1 habanero pepper seeds removed and thinly sliced
- 2 tablespoons lemongrass thinly sliced

0.3 cup juice of lime freshly squeezed

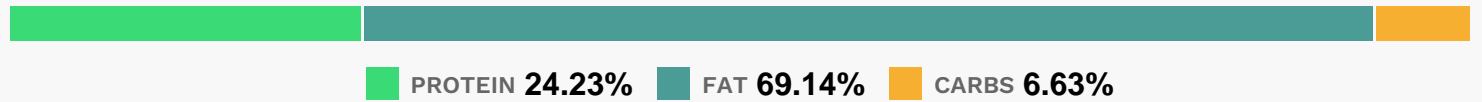
Equipment

- bowl
- sauce pan
- ladle

Directions

- Watch how to make this recipe.
- Bring the dashi to a simmer in a 4-quart saucepan over medium heat.
- Add the lemongrass, galangal, cilantro, habanero, fish sauce and lime juice and bring the liquid to a simmer.
- Add the catfish and the coconut milk and cook until the fish is just cooked through, about 4 to 5 minutes.
- Remove from the heat, ladle into soup bowls and serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:2.79, Inflammation Score:-4, Nutrition Score:15.566087001044%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 363.54kcal (18.18%), Fat: 28.67g (44.1%), Saturated Fat: 20.42g (127.63%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 6.08g (2.21%), Sugar: 1.03g (1.14%), Cholesterol: 62.37mg (20.79%), Sodium: 1650.96mg (71.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.21%), Vitamin B12: 3.46µg (57.62%), Manganese: 0.95mg (47.56%), Phosphorus: 369.97mg (37%), Vitamin B3: 5.11mg (25.53%), Magnesium: 97.09mg (24.27%), Iron: 4.15mg (23.05%), Potassium: 751.78mg (21.48%), Copper: 0.34mg (17.06%), Selenium: 11.52µg (16.45%), Vitamin B6: 0.29mg (14.63%), Vitamin C: 9.29mg (11.26%), Folate: 41.53µg (10.38%), Vitamin B5: 0.95mg

(9.54%), Zinc: 1.33mg (8.84%), Vitamin B2: 0.15mg (8.64%), Vitamin E: 1.15mg (7.7%), Calcium: 73.93mg (7.39%),
Vitamin B1: 0.05mg (3.57%), Vitamin K: 3.38µg (3.22%), Vitamin D: 0.23µg (1.51%)