



## Chap Chai (Seafood-Vegetable Soup)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



85 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 12 small clams in shells scrubbed
- ☐ 0.5 pound daikon radish peeled thinly sliced
- ☐ 1.5 ounces wood ear mushrooms dried
- ☐ 7 ounce fish balls
- ☐ 0.3 cup fish sauce
- ☐ 2 large garlic cloves minced
- ☐ 1 cup julienne-cut green onions ()
- ☐ 63 ounce low-salt chicken broth canned

- ☐ 3 cups napa cabbage chinese thinly sliced ()
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 0.5 pound skinned squid cleaned
- ☐ 1 teaspoon vegetable oil
- ☐ 0.5 cup water

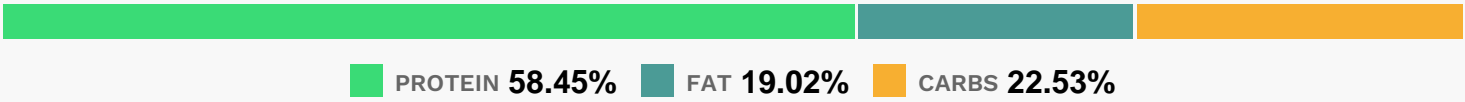
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon
- ☐ dutch oven

## Directions

- ☐ Combine mushrooms and 2 cups boiling water; cover and let stand 30 minutes or until soft.
- ☐ Drain mushrooms, and cut into 1/4-inch-wide strips; set aside.
- ☐ Cut squid into 1/4-inch-thick rings; set aside.
- ☐ Bring 1/2 cup water to a boil in a large Dutch oven.
- ☐ Add clams; cover and cook 3 minutes or until shells open. Discard any unopened shells.
- ☐ Remove clams with a slotted spoon; set aside.
- ☐ Pour cooking liquid into a bowl; set aside.
- ☐ Heat oil in pan over medium-high heat.
- ☐ Add garlic, and saut 2 minutes or until golden.
- ☐ Add reserved cooking liquid, daikon radish, shrimp, and broth. Bring to a boil; cook 2 minutes.
- ☐ Add fish balls; cook 1 minute.
- ☐ Add mushrooms, squid, clams, cabbage, and remaining ingredients; cook an additional minute.
- ☐ Note: This soup is great the day it is made but will keep for up to one week in an airtight container in the refrigerator. Reheat slowly over low heat.

## Nutrition Facts



## Properties

Glycemic Index:14.23, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:9.0743478173795%

## Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 85.21kcal (4.26%), Fat: 1.89g (2.9%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.25g (1.55%), Sugar: 1.41g (1.57%), Cholesterol: 76.74mg (25.58%), Sodium: 436.02mg (18.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.09%), Copper: 0.52mg (26.01%), Vitamin K: 24.43µg (23.27%), Selenium: 15.34µg (21.92%), Phosphorus: 161.46mg (16.15%), Vitamin B3: 3.17mg (15.86%), Vitamin C: 11.23mg (13.61%), Vitamin B12: 0.77µg (12.79%), Potassium: 380.42mg (10.87%), Vitamin B2: 0.15mg (8.62%), Magnesium: 33.5mg (8.37%), Folate: 31.93µg (7.98%), Vitamin B6: 0.13mg (6.42%), Zinc: 0.82mg (5.48%), Calcium: 51.27mg (5.13%), Iron: 0.9mg (5.03%), Manganese: 0.1mg (4.96%), Vitamin D: 0.47µg (3.15%), Fiber: 0.77g (3.1%), Vitamin A: 148.86IU (2.98%), Vitamin E: 0.37mg (2.49%), Vitamin B5: 0.24mg (2.44%), Vitamin B1: 0.03mg (2.08%)