



Coconut Shrimp Soup



Gluten Free



Dairy Free



Low Fod Map

READY IN



9 min.

SERVINGS



2

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup julienne-cut basil fresh
- ☐ 1 cup coconut milk light
- ☐ 2 lime rind
- ☐ 0.5 teaspoon curry paste red
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 1 cup water

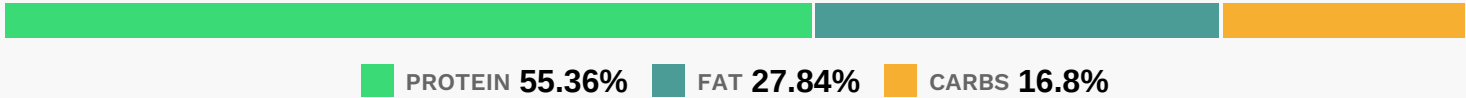
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large saucepan, stirring with a whisk. Bring to a boil over medium-high heat.
- ☐ Add shrimp; cover, reduce heat to medium, and cook 3 minutes or until shrimp turn pink.
- ☐ Remove and discard lime rind; stir in basil.
- ☐ Serve with: Edamame Salad

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:1.67, Inflammation Score:-4, Nutrition Score:9.1860870343188%

Flavonoids

Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 250.14kcal (12.51%), Fat: 7.77g (11.96%), Saturated Fat: 6.89g (43.04%), Carbohydrates: 10.56g (3.52%), Net Carbohydrates: 8.59g (3.12%), Sugar: 1.23g (1.37%), Cholesterol: 273.86mg (91.29%), Sodium: 583.83mg (25.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.77g (69.54%), Phosphorus: 377.75mg (37.77%), Copper: 0.74mg (36.97%), Vitamin C: 20.14mg (24.41%), Magnesium: 66.66mg (16.67%), Zinc: 2.39mg (15.93%), Potassium: 526.31mg (15.04%), Calcium: 141.76mg (14.18%), Vitamin K: 12.85µg (12.24%), Fiber: 1.97g (7.88%), Iron: 1.42mg (7.87%), Vitamin A: 388.63IU (7.77%), Manganese: 0.1mg (4.83%), Folate: 7.4µg (1.85%), Vitamin B6: 0.03mg (1.67%), Vitamin B5: 0.15mg (1.52%), Vitamin B1: 0.02mg (1.41%), Vitamin E: 0.17mg (1.14%)