



Creamy Tom Yam Kung (Thai Hot and Sour Soup with Shrimp)

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



804 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 thai chile fresh red crushed
- 0.3 cup cilantro leaves thinly sliced (or sawtooth coriander leaves,)
- 1 cup evaporated milk whole
- 0.3 cup fish sauce to taste
- 7 slices galangal fresh very thin (see note above)
- 1 pound shrimp with the head and tail sections intact peeled
- 6 kaffir lime leaves fresh (see note above)

- 7 slices lemon grass (see note above)
- 0.3 cup juice of lime fresh to taste
- 2 tablespoons thai fish sauce (see note above)
- 6 ounces oyster mushrooms fresh canned cut into bite-size pieces (or)
- 2 cups chicken broth low-sodium homemade canned

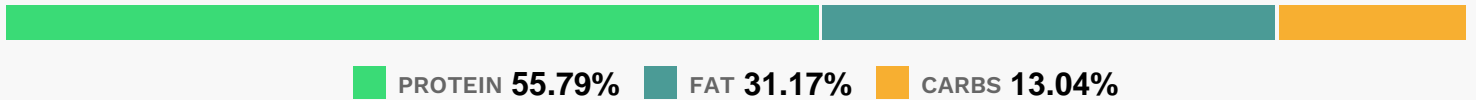
Equipment

- sauce pan

Directions

- In a medium saucepan, bring the broth to a very gentle boil over medium heat. Adjust the temperature so that the liquid is barely simmering.
- Add the lemongrass, galangal, and kaffir lime leaves to the broth; continue to monitor the temperature.
- Add the mushrooms and stir in the Nam Prik Pao.
- Add fish sauce, followed by crushed chilies.
- As the broth is gently simmering, lower the shrimp into it. Turn up the heat a bit to keep the broth at a steady simmer. Cook, stirring occasionally, until shrimp have firmed up slightly, about 1 minute.
- Add milk, cook until simmering, and remove from heat. Season soup with lime juice and fish sauce to taste. Stir in cilantro leaves and serve.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:37.052608863167%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.23mg,

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 803.76kcal (40.19%), Fat: 27.71g (42.64%), Saturated Fat: 10.69g (66.8%), Carbohydrates: 26.09g (8.7%), Net Carbohydrates: 23.87g (8.68%), Sugar: 16.14g (17.93%), Cholesterol: 504.18mg (168.06%), Sodium: 5098.51mg (221.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 111.61g (223.23%), Phosphorus: 1171.61mg (117.16%), Selenium: 47.21µg (67.44%), Zinc: 10.01mg (66.76%), Copper: 1.27mg (63.64%), Magnesium: 252.67mg (63.17%), Vitamin B2: 0.94mg (55.57%), Potassium: 1878.25mg (53.66%), Calcium: 534.4mg (53.44%), Vitamin B3: 10.63mg (53.13%), Vitamin B12: 2.48µg (41.29%), Vitamin B6: 0.77mg (38.31%), Iron: 6mg (33.34%), Vitamin C: 26.89mg (32.59%), Manganese: 0.5mg (24.95%), Vitamin B5: 2.01mg (20.14%), Folate: 78.74µg (19.68%), Vitamin A: 931.49IU (18.63%), Vitamin B1: 0.19mg (12.52%), Vitamin K: 12.71µg (12.11%), Fiber: 2.22g (8.89%), Vitamin E: 1.02mg (6.77%), Vitamin D: 0.93µg (6.18%)