



Fiery Tofu and Coconut Curry Soup



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 2 cups carrots thinly sliced (4)
- ☐ 1 tablespoon t brown sugar dark
- ☐ 0.8 cup cilantro leaves fresh
- ☐ 0.3 cup ginger fresh peeled thinly sliced
- ☐ 2 teaspoons garlic minced
- ☐ 1.5 cups green beans (1-inch) (8 ounces)
- ☐ 27 ounce lite coconut milk light canned

- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons soy sauce
- ☐ 0.3 cup curry paste red
- ☐ 2.5 cups vegetable stock organic
- ☐ 14 ounce water-packed tuna soft drained cut into (1-inch) cubes

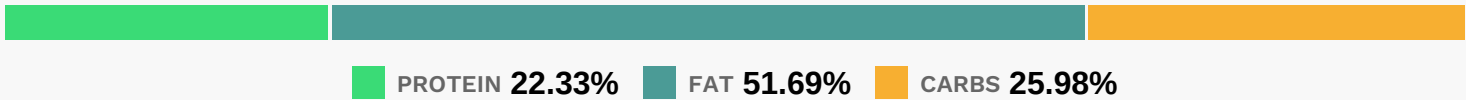
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add garlic to pan; saut 30 seconds or until lightly browned.
- ☐ Add curry paste; saut 1 minute, stirring constantly.
- ☐ Add brown sugar; cook 1 minute. Stir in coconut milk, broth, juice, ginger, and soy sauce. Reduce heat to low; cover and simmer 1 hour.
- ☐ Add carrot; cook for 6 minutes.
- ☐ Add beans, and cook 4 minutes or until vegetables are crisp-tender.
- ☐ Add tofu to pan, and cook 2 minutes.
- ☐ Garnish with cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:35.81, Glycemic Load:2.65, Inflammation Score:-10, Nutrition Score:17.46652168813%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.23mg,

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 267.66kcal (13.38%), Fat: 14.74g (22.67%), Saturated Fat: 9.33g (58.33%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 14.12g (5.14%), Sugar: 6.68g (7.43%), Cholesterol: 23.81mg (7.94%), Sodium: 868.48mg (37.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.65%), Vitamin A: 9256.61IU (185.13%), Selenium: 45.31µg (64.72%), Vitamin B3: 7.32mg (36.6%), Vitamin B12: 1.7µg (28.33%), Vitamin K: 27.2µg (25.9%), Vitamin B6: 0.34mg (17.21%), Vitamin C: 10.78mg (13.06%), Phosphorus: 130.2mg (13.02%), Iron: 1.94mg (10.79%), Potassium: 375.24mg (10.72%), Vitamin E: 1.53mg (10.23%), Fiber: 2.54g (10.15%), Manganese: 0.19mg (9.65%), Magnesium: 34.37mg (8.59%), Vitamin B2: 0.13mg (7.51%), Folate: 24.91µg (6.23%), Calcium: 58.42mg (5.84%), Vitamin B1: 0.08mg (5.3%), Vitamin D: 0.79µg (5.29%), Copper: 0.09mg (4.64%), Zinc: 0.69mg (4.61%), Vitamin B5: 0.33mg (3.34%)