



Fish and Vegetable Soup with Lime, Ginger, and Cilantro

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots grated peeled
- ☐ 0.5 cup cilantro leaves
- ☐ 4 cups fish stock
- ☐ 1.5 pounds orange roughy fillets assorted cut into 2x1-inch strips (such as snapper, orange roughy, and sea bass)
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 1.3 cups mushroom caps fresh stemmed sliced
- ☐ 4 garlic clove

- ☐ 6 spring onion
- ☐ 1 jalapeno seeded quartered
- ☐ 3 tablespoons lemon zest fresh minced grated
- ☐ 6 tablespoons juice of lime fresh
- ☐ 1 cup mung bean sprouts
- ☐ 1.8 ounces shallots sliced
- ☐ 0.5 cup tomatoes chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups water
- ☐ 2 star anise whole

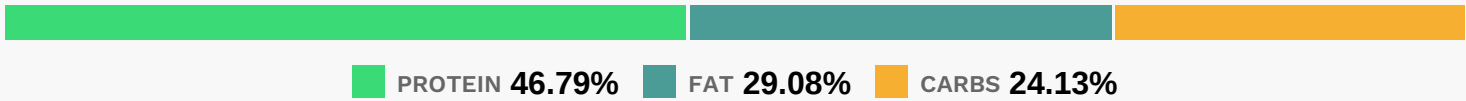
Equipment

- ☐ pot

Directions

- ☐ Grind first 4 ingredients in processor to coarse paste, stopping occasionally to scrape sides.
- ☐ Heat oil in large pot over medium heat.
- ☐ Add paste; sauté until aromatic, about 2 minutes.
- ☐ Add stock, 2 cups water, 4 tablespoons lime juice, lemongrass, and star anise; bring to boil. Reduce heat; cover and simmer 10 minutes.
- ☐ Remove star anise.
- ☐ Add carrots and next 4 ingredients; simmer 2 minutes.
- ☐ Add fish; cook until just opaque, stirring gently, about 3 minutes.
- ☐ Mix in cilantro and 2 tablespoons lime juice. Season with salt and pepper.
- ☐ *Available at Asian markets and in the spice section of some supermarkets.

Nutrition Facts



Properties

Glycemic Index:29.28, Glycemic Load:1.33, Inflammation Score:-9, Nutrition Score:13.812173812286%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 123.27kcal (6.16%), Fat: 4.07g (6.26%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 5.55g (2.02%), Sugar: 2.87g (3.18%), Cholesterol: 40.82mg (13.61%), Sodium: 376.87mg (16.39%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 14.73g (29.45%), Selenium: 48.07µg (68.68%), Vitamin A: 2401.33IU (48.03%), Vitamin K: 29.14µg (27.75%), Vitamin B3: 3.84mg (19.18%), Phosphorus: 156.42mg (15.64%), Vitamin C: 12.25mg (14.85%), Potassium: 425.64mg (12.16%), Folate: 43.6µg (10.9%), Vitamin B6: 0.21mg (10.65%), Manganese: 0.2mg (10.2%), Copper: 0.2mg (9.98%), Vitamin E: 1.46mg (9.73%), Vitamin B2: 0.16mg (9.23%), Fiber: 2.04g (8.18%), Iron: 1.47mg (8.15%), Magnesium: 28.04mg (7.01%), Vitamin B5: 0.6mg (5.95%), Vitamin B12: 0.36µg (5.94%), Calcium: 58.68mg (5.87%), Zinc: 0.73mg (4.86%), Vitamin B1: 0.06mg (3.99%)