



Ginger-Lemon Salad Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



88 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings asian fish sauce (nuoc mam or nam pla)
- ☐ 2 tablespoons cilantro leaves fresh
- ☐ 0.3 cup ginger fresh minced
- ☐ 2 stalks lemon grass fresh (each 12 to 15 in.)
- ☐ 0.7 cup long thin
- ☐ 0.7 cup long thin
- ☐ 2 tablespoons slivered mint leaves fresh
- ☐ 2 ounces rice noodles dried thin (mai fun or rice sticks)

☐ 1 quart vegetable broth

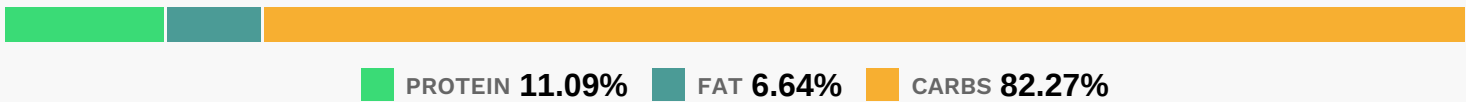
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ kitchen scissors

Directions

- ☐ Rinse lemon grass; trim and discard stem ends and leaves, and pull off and discard coarse outer layer.
- ☐ Cut stalks into 1/2-inch pieces.
- ☐ In a 2- to 3-quart pan over high heat, combine lemon grass, ginger, and broth. Bring to a boil, cover, reduce heat, and simmer for 20 minutes. Quick-chill soup (nest soup-filled pan in ice water and stir often until soup is cool, 15 to 20 minutes), or cover and refrigerate until cold, at least 1 hour or up to 1 day.
- ☐ Meanwhile, in a 1- to 1 1/2-quart pan, bring 2 cups water to a boil.
- ☐ Add rice noodles and stir to separate. Cook until tender to bite, about 3 minutes.
- ☐ Pour into a fine strainer over the sink and rinse with cold water until cool, about 1 minute. With scissors, cut noodles in 2 or 3 places to make smaller pieces.
- ☐ In a bowl, mix noodles, carrot, and daikon.
- ☐ Pour broth mixture through a fine strainer into four wide bowls; discard residue. Mound noodle mixture equally in centers of bowls. Scatter cilantro and mint on top.
- ☐ Add fish sauce to taste.

Nutrition Facts



Properties

Glycemic Index:45.96, Glycemic Load:7.69, Inflammation Score:-9, Nutrition Score:9.2473912601886%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 87.66kcal (4.38%), Fat: 0.66g (1.01%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 16.89g (6.14%), Sugar: 1.99g (2.21%), Cholesterol: 0mg (0%), Sodium: 1092.82mg (47.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.95%), Vitamin A: 3684.21IU (73.68%), Manganese: 0.57mg (28.63%), Selenium: 7.69µg (10.98%), Vitamin B3: 1.8mg (8.98%), Vitamin C: 6.86mg (8.32%), Potassium: 284.65mg (8.13%), Vitamin B12: 0.48µg (7.97%), Iron: 1.36mg (7.55%), Phosphorus: 71.23mg (7.12%), Copper: 0.13mg (6.53%), Fiber: 1.46g (5.84%), Folate: 22.03µg (5.51%), Vitamin B2: 0.09mg (5.18%), Magnesium: 20.6mg (5.15%), Vitamin B6: 0.1mg (4.83%), Vitamin B5: 0.4mg (4.03%), Calcium: 36.75mg (3.67%), Vitamin K: 3.5µg (3.33%), Vitamin B1: 0.05mg (3.17%), Zinc: 0.45mg (3.01%), Vitamin E: 0.16mg (1.08%)