



 **55%**
HEALTH SCORE

Grilled Tomato Soup with Sweet and Sour Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



105 min.

SERVINGS



4

CALORIES



357 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 beefsteak tomatoes halved
- 1 cucumber english seeds removed, coarsely chopped peeled
- 1 tablespoon basil fresh plus more for garnish chopped
- 1 tablespoon cilantro leaves fresh plus more for garnish chopped
- 2 cloves garlic crushed
- 2 cloves garlic peeled sliced
- 2 tablespoons granulated sugar

- 2 juice of lime
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil
- 4 tablespoons olive oil
- 1 chile red
- 2 tablespoons red wine vinegar
- 4 servings salt and pepper black freshly ground
- 1 teaspoon sesame oil
- 1 tablespoon soya sauce
- 8 to ten deveined cleaned

Equipment

- bowl
- frying pan
- sauce pan
- blender
- grill

Directions

- For the soup: Prepare a grill over high heat.
- Brush the tomatoes, garlic and chile with 2 tablespoons of the olive oil, then grill until softened and slightly charred, turning occasionally, 5 to 10 minutes.
- Transfer to a blender with the lime juice, cucumber and the remaining 2 tablespoons olive oil and puree in batches until smooth. Fold in the basil and cilantro. Season with salt and black pepper. Refrigerate until chilled, 1 to 2 hours.
- Combine the lemon juice, sugar, vinegar and soy sauce in a small saucepan. Bring to a boil over medium heat, and then reduce the heat and simmer for 5 minutes.
- Remove and let cool.
- Sprinkle the shrimp with salt and black pepper.
- Heat the olive oil in a large saute pan over high heat.

- Add the garlic and saute until just golden.
- Remove the garlic and discard.
- Add the shrimp and saute until cooked through and opaque, about 1 minute per side.
- Add the sweet and sour sauce and bring to a boil.
- Remove from the heat, let cool and stir in the sesame oil.
- To serve, divide the soup among 4 shallow soup bowls and place 2 shrimp in the center of each.
- Garnish with basil and cilantro.

Nutrition Facts



■ **PROTEIN 10.5%**
 ■ **FAT 55.17%**
 ■ **CARBS 34.33%**

Properties

Glycemic Index:90.52, Glycemic Load:10.1, Inflammation Score:-10, Nutrition Score:25.903912798218%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.43mg, Hesperetin: 2.43mg, Hesperetin: 2.43mg, Hesperetin: 2.43mg Naringenin: 3.63mg, Naringenin: 3.63mg, Naringenin: 3.63mg, Naringenin: 3.63mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 356.51kcal (17.83%), Fat: 23.33g (35.89%), Saturated Fat: 3.24g (20.28%), Carbohydrates: 32.65g (10.88%), Net Carbohydrates: 25.77g (9.37%), Sugar: 21.8g (24.22%), Cholesterol: 32.2mg (10.73%), Sodium: 305.23mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.98%), Vitamin C: 96.63mg (117.13%), Vitamin A: 4476.04IU (89.52%), Vitamin K: 69.63µg (66.32%), Potassium: 1461.4mg (41.75%), Vitamin E: 5.95mg (39.64%), Manganese: 0.77mg (38.36%), Vitamin B6: 0.55mg (27.57%), Fiber: 6.88g (27.53%), Copper: 0.45mg (22.47%), Folate: 88.66µg (22.16%), Phosphorus: 202.26mg (20.23%), Magnesium: 80.45mg (20.11%), Vitamin B3: 3.48mg (17.38%), Vitamin B1: 0.23mg (15.44%), Iron: 2.17mg (12.03%), Zinc: 1.39mg (9.28%), Calcium: 88.37mg (8.84%), Vitamin B2: 0.15mg (8.63%), Vitamin B5: 0.74mg (7.37%), Selenium: 0.81µg (1.16%)