



## Hot and Sour Shrimp Soup with Jasmine Rice

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup asian fish sauce
- ☐ 0.3 cup cilantro leaves coarsely chopped
- ☐ 2 teaspoons pepper red crushed
- ☐ 2 large garlic cloves thinly sliced
- ☐ 1.3 cups thai jasmine rice rinsed
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 teaspoon lime zest finely grated
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 1 large scallion thinly sliced
- ☐ 4 servings shells reserved shelled deveined
- ☐ 1 pound shrimp
- ☐ 0.3 pound snow peas julienned
- ☐ 1 medium tomatoes cut into thin wedges
- ☐ 2 tablespoons vegetable oil
- ☐ 4 servings water

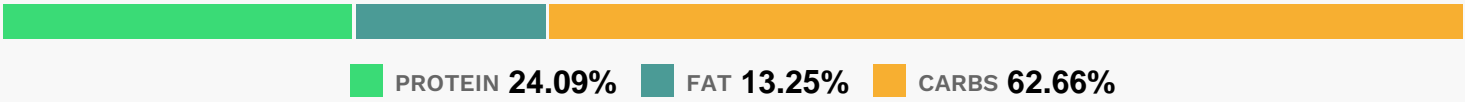
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

## Directions

- ☐ In a medium saucepan, cover the rice with 1 3/4 cups of water and bring to a boil. Cover and simmer over very low heat for 12 minutes.
- ☐ Remove from the heat without lifting the lid and let stand, covered, for 5 minutes. Using a fork, fluff the rice, then cover and set aside.
- ☐ Meanwhile, in a medium saucepan, cover the shrimp shells with 4 cups of water and bring to a boil. Simmer over low heat for 10 minutes. Strain the broth and return it to the saucepan.
- ☐ Heat the oil in a small skillet.
- ☐ Add the garlic; cook over low heat until golden, about 2 minutes.
- ☐ Add the crushed red pepper. Scrape the garlic oil into a bowl.
- ☐ Bring the shrimp broth to a boil.
- ☐ Add the snow peas and tomato and simmer over moderately high heat for 1 minute.
- ☐ Add the shrimp and cook just until opaque throughout and curled, about 1 minute. Stir in the garlic oil, fish sauce, cilantro, lime juice, lime zest, pepper and scallion. Spoon the rice into deep bowls, ladle the soup over it and serve.

## Nutrition Facts



## Properties

Glycemic Index:74.8, Glycemic Load:45.22, Inflammation Score:-8, Nutrition Score:22.601739142252%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

## Nutrients (% of daily need)

Calories: 609.56kcal (30.48%), Fat: 8.91g (13.71%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 94.85g (31.62%), Net Carbohydrates: 90.5g (32.91%), Sugar: 4.54g (5.04%), Cholesterol: 182.57mg (60.86%), Sodium: 1312.42mg (57.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.47g (72.94%), Manganese: 1.41mg (70.45%), Selenium: 46.13µg (65.9%), Phosphorus: 449.06mg (44.91%), Copper: 0.85mg (42.38%), Vitamin K: 39.76µg (37.86%), Vitamin C: 27.83mg (33.73%), Magnesium: 126.78mg (31.69%), Zinc: 3.23mg (21.51%), Potassium: 731.32mg (20.89%), Vitamin A: 1001.53IU (20.03%), Vitamin B6: 0.35mg (17.66%), Fiber: 4.35g (17.4%), Iron: 2.92mg (16.2%), Calcium: 143.61mg (14.36%), Vitamin B3: 2.76mg (13.8%), Vitamin B5: 1.14mg (11.36%), Folate: 45.14µg (11.28%), Vitamin B1: 0.16mg (10.68%), Vitamin E: 1.44mg (9.58%), Vitamin B2: 0.12mg (7.01%), Vitamin B12: 0.07µg (1.16%)