



Hot and Sour Thai Soup: Tom Yum Goong



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 quarts chicken broth
- ☐ 2 tablespoons fish sauce such as nam pla
- ☐ 1 handful cilantro leaves fresh chopped
- ☐ 1 inch galangal fresh sliced
- ☐ 2 green onions sliced
- ☐ 2 juice of lime juiced
- ☐ 4 kaffir lime leaves
- ☐ 2 stalks lemongrass fresh sliced

- ☐ 2 chiles red sliced
- ☐ 1 pound shrimp with tails on peeled
- ☐ 8 ounce straw mushrooms rinsed halved canned
- ☐ 1.5 teaspoons sugar

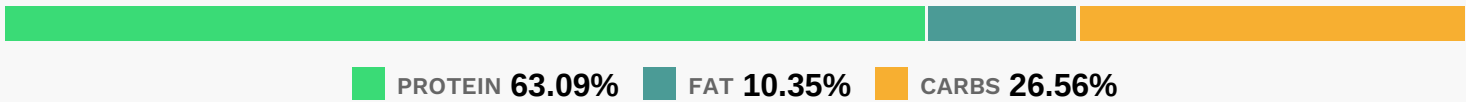
Equipment

- ☐ sauce pan

Directions

- ☐ Bring the stock to the boil over medium heat in a saucepan.
- ☐ Add the lemongrass, kaffir lime leaves, galangal, and chiles. Lower the heat to medium-low, cover, and simmer for 15 minutes to let the spices infuse the broth.
- ☐ Uncover and add the fish sauce, sugar, and mushrooms. Simmer for 5 minutes. Toss in the shrimp and cook for about 8 minutes until they turn pink.
- ☐ Remove from the heat and add the lime juice, green onions, and cilantro. Taste for salt and spices; you should have an equal balance of spicy, salty, and sour. It's a good idea to tell your guest's that the lemongrass and lime leaves are for flavor only and should be avoided when eating the soup.

Nutrition Facts



Properties

Glycemic Index:44.77, Glycemic Load:1.88, Inflammation Score:-5, Nutrition Score:15.141304430754%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 174.92kcal (8.75%), Fat: 2.13g (3.28%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 10.3g (3.75%), Sugar: 5.45g (6.06%), Cholesterol: 192.03mg (64.01%), Sodium: 2818.86mg

(122.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.21g (58.42%), Vitamin C: 38.47mg (46.63%), Manganese: 0.78mg (39.11%), Copper: 0.65mg (32.73%), Phosphorus: 318.87mg (31.89%), Vitamin B2: 0.36mg (21.32%), Magnesium: 76.47mg (19.12%), Vitamin K: 18.76µg (17.87%), Potassium: 620.71mg (17.73%), Zinc: 2.51mg (16.77%), Selenium: 11.56µg (16.52%), Iron: 2.77mg (15.37%), Calcium: 116.17mg (11.62%), Folate: 42.9µg (10.72%), Vitamin B1: 0.14mg (9.11%), Vitamin B3: 1.8mg (8.99%), Vitamin B6: 0.17mg (8.71%), Fiber: 2g (8%), Vitamin A: 359.99IU (7.2%), Vitamin B5: 0.36mg (3.64%), Vitamin E: 0.44mg (2.9%), Vitamin B12: 0.14µg (2.3%)