



Hot & sour broth with prawns



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 3 tbsp citrus champagne vinegar
- ☐ 500 ml chicken stock see
- ☐ 1 tbsp soya sauce
- ☐ 1 tbsp brown sugar
- ☐ 1 piece ginger peeled thinly sliced
- ☐ 2 small pepper flakes red hot thinly sliced
- ☐ 3 spring onion thinly sliced
- ☐ 300 g shrimp raw peeled

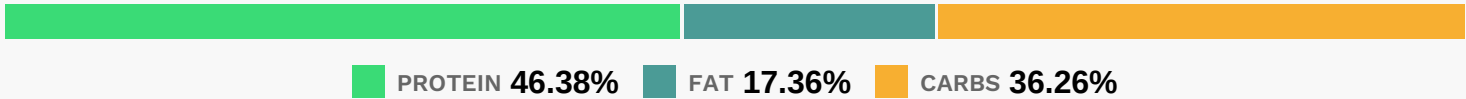
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Put the vinegar, stock, soy sauce, sugar (start with 1 tbsp and add the second at the end if you want the soup sweeter), ginger, chillies and spring onions in a saucepan and bring to a simmer. Cook for 1 min, then add the prawns to heat through.
- ☐ Serve in small bowls or cups.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.95, Inflammation Score:-5, Nutrition Score:11.846956771353%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 128.4kcal (6.42%), Fat: 2.41g (3.71%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 10.69g (3.89%), Sugar: 6.42g (7.14%), Cholesterol: 98.3mg (32.77%), Sodium: 862.62mg (37.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.5g (29%), Vitamin C: 34.42mg (41.72%), Selenium: 25.24µg (36.06%), Phosphorus: 237.7mg (23.77%), Vitamin K: 22.26µg (21.2%), Vitamin B3: 3.86mg (19.29%), Vitamin B6: 0.33mg (16.52%), Vitamin B12: 0.83µg (13.88%), Copper: 0.25mg (12.7%), Potassium: 340.33mg (9.72%), Vitamin B2: 0.15mg (9%), Vitamin A: 442.73IU (8.85%), Vitamin E: 1.24mg (8.25%), Folate: 32.56µg (8.14%), Magnesium: 31.82mg (7.95%), Zinc: 1.03mg (6.85%), Calcium: 58.27mg (5.83%), Manganese: 0.11mg (5.59%), Vitamin B1: 0.08mg (5.57%), Iron: 0.98mg (5.43%), Vitamin B5: 0.31mg (3.09%), Fiber: 0.64g (2.57%)