



Jet Tila's Tom Yum Goong Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



90 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 quarts thai chicken broth
- 6 tablespoons fish sauce
- 6 sprigs cilantro leaves fresh
- 6 kaffir lime leaves
- 6 tablespoons juice of lime
- 1 cup shrimp deveined peeled
- 15 ounce straw mushrooms whole drained canned
- 3 tablespoons thai garlic chile paste

6 thai chiles whole

Equipment

bowl

baking sheet

ladle

oven

pot

plastic wrap

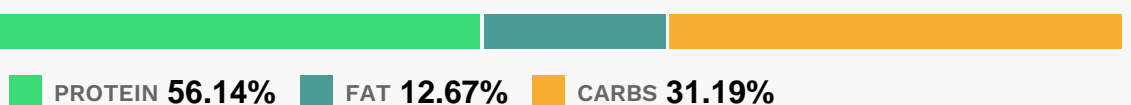
aluminum foil

broiler

Directions

- Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source. Line a baking sheet with aluminum foil.
- Place the peppers onto the prepared baking sheet.
- Cook under the preheated broiler, turning occasionally until the skin of the peppers has blackened and blistered, about 5 minutes.
- Place the blackened peppers into a bowl, and tightly seal with plastic wrap. Allow the peppers to steam as they cool, about 20 minutes. Once cool, remove and discard the skin, seeds, and stem. Chop the roasted chiles.
- Pour the chicken broth into a large pot, and bring to a simmer over medium-high heat. Stir in the shrimp, mushrooms, and chopped roasted chiles. Return to a simmer, and cook until the shrimp are no longer translucent in the center, about 1 minute. Stir in the fish sauce, lime juice, and chile paste until the chile paste has dissolved. Ladle into bowls, and garnish each bowl with a lime leaf and a sprig of cilantro.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:9.8573913107748%

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 Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 90.19kcal (4.51%), Fat: 1.39g (2.15%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 5.67g (2.06%), Sugar: 2.81g (3.13%), Cholesterol: 69.79mg (23.26%), Sodium: 2904.45mg (126.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.8%), Vitamin C: 30.39mg (36.84%), Selenium: 13.76µg (19.66%), Copper: 0.33mg (16.59%), Vitamin B2: 0.26mg (15.36%), Manganese: 0.31mg (15.32%), Phosphorus: 149.44mg (14.94%), Magnesium: 57.79mg (14.45%), Folate: 41.38µg (10.35%), Iron: 1.76mg (9.76%), Potassium: 332.47mg (9.5%), Zinc: 1.31mg (8.76%), Fiber: 2.05g (8.2%), Vitamin K: 8.47µg (8.06%), Vitamin B3: 1.41mg (7.05%), Vitamin B1: 0.09mg (6.15%), Vitamin B6: 0.12mg (5.96%), Calcium: 58.14mg (5.81%), Vitamin A: 288.46IU (5.77%), Vitamin B5: 0.38mg (3.79%), Vitamin B12: 0.15µg (2.49%), Vitamin E: 0.29mg (1.91%)