



Oriental Soup with Mushrooms, Bok Choy, and Shrimp

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



115 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups baby bok choy coarsely chopped
- ☐ 2 teaspoons sesame oil dark
- ☐ 3 cups fat-skimmed beef broth fat-free
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 tablespoons ginger fresh peeled chopped
- ☐ 2 tablespoons spring onion sliced
- ☐ 0.3 cup juice of lime fresh (3 limes)

- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 7 ounce mushroom caps trimmed thinly sliced
- ☐ 1 pound shrimp deveined peeled
- ☐ 3 cups water

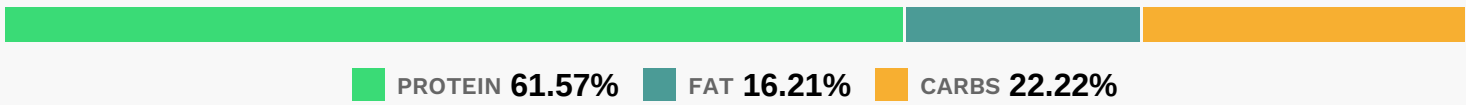
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven coated with cooking spray over medium-high heat; saut mushrooms and ginger 5 minutes or until liquid evaporates and mushrooms darken.
- ☐ Add broth, 3 cups water, and soy sauce; bring mixture to a boil. Stir in bok choy and next 3 ingredients; cover, reduce heat, and simmer 3 minutes or until shrimp are done. Stir in lime juice just before serving.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:14.516956583313%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 114.72kcal (5.74%), Fat: 2.12g (3.26%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 4.35g (1.58%), Sugar: 2.43g (2.7%), Cholesterol: 121.71mg (40.57%), Sodium: 737mg (32.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.12g (36.24%), Vitamin A: 5298.06IU (105.96%), Vitamin C: 56.84mg (68.9%), Phosphorus: 219.14mg (21.91%), Copper: 0.4mg (19.85%), Calcium: 191.56mg (19.16%), Potassium: 376.1mg (10.75%), Magnesium: 39.98mg (9.99%), Vitamin B3: 2mg (9.99%), Zinc: 1.44mg (9.58%), Iron: 1.64mg (9.1%), Fiber: 2.19g (8.78%), Manganese: 0.14mg (6.92%), Vitamin B5: 0.66mg (6.63%), Vitamin B6: 0.13mg (6.4%), Selenium: 4.44µg (6.35%), Vitamin B2: 0.11mg (6.27%), Vitamin K: 4.8µg (4.57%), Vitamin B12: 0.23µg (3.78%),

Folate: 9.36µg (2.34%), Vitamin B1: 0.02mg (1.24%)