



Pad Thai Soup



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bean sprouts
- ☐ 3 tablespoons brown sugar
- ☐ 6 cups chicken broth
- ☐ 2 tablespoons cilantro leaves
- ☐ 2 eggs lightly beaten
- ☐ 2 cloves garlic chopped
- ☐ 2 green onions sliced
- ☐ 0.3 cup peanuts toasted coarsely chopped

- ☐ 2 birds eye chilies sliced to taste (or chili sauce such as sriracha)
- ☐ 6 ounces rice noodles
- ☐ 1 large shallots diced finely
- ☐ 4 ounces mushroom caps sliced
- ☐ 0.5 pound shrimp shelled
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon tamarind concentrate or

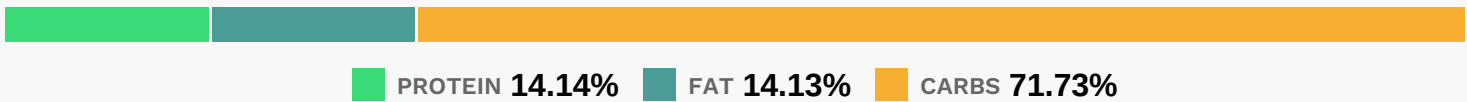
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Bring the broth and shrimp shells to a boil in a large sauce pan, reduce the heat, simmer covered for 10 minutes and strain the solids from the broth and return to heat.Meanwhile, prepare the remaining ingredients.
- ☐ Add the shallot, garlic, tamarind concentrate, fish sauce, sugar, chilies and mushrooms to the broth and simmer for 10 minutes.Meanwhile cook the noodles as directed and divide between 4 bowls.
- ☐ Add the shrimp to the soup and simmer until cooked, about 3 minutes.
- ☐ Pour the eggs into the soup in a thin stream while stirring/swirling the soup.
- ☐ Add the bean sprouts and remove from heat.Ladle the soup over the noodles and garnish with green onions, chopped peanuts and cilantro.

Nutrition Facts



Properties

Glycemic Index:83.81, Glycemic Load:39.61, Inflammation Score:-6, Nutrition Score:21.981304179067%

Flavonoids

Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 552.65kcal (27.63%), Fat: 8.74g (13.44%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 99.81g (33.27%), Net Carbohydrates: 94.2g (34.25%), Sugar: 17.42g (19.36%), Cholesterol: 88.89mg (29.63%), Sodium: 2499.64mg (108.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.67g (39.34%), Selenium: 54.72µg (78.18%), Manganese: 1.39mg (69.74%), Phosphorus: 339.57mg (33.96%), Vitamin B2: 0.51mg (30.01%), Vitamin K: 30.54µg (29.08%), Magnesium: 106.18mg (26.54%), Vitamin B3: 5.25mg (26.26%), Copper: 0.5mg (25.19%), Folate: 92.84µg (23.21%), Fiber: 5.62g (22.46%), Vitamin B6: 0.39mg (19.48%), Vitamin B1: 0.29mg (19.06%), Iron: 3.09mg (17.17%), Potassium: 586.87mg (16.77%), Zinc: 2.44mg (16.3%), Vitamin B5: 1.49mg (14.86%), Vitamin C: 9.3mg (11.27%), Calcium: 88.8mg (8.88%), Vitamin B12: 0.33µg (5.52%), Vitamin A: 216.69IU (4.33%), Vitamin D: 0.55µg (3.69%), Vitamin E: 0.54mg (3.61%)