



## Peanut-Coconut Soup with Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 ounce coconut milk reduced-fat canned
- 14.5 ounce chicken broth canned
- 4 servings green onions chopped
- 4 servings lime wedges
- 5 tablespoons asian peanut sauce prepared
- 1 cup peas frozen
- 0.5 pound shrimp (per pound)

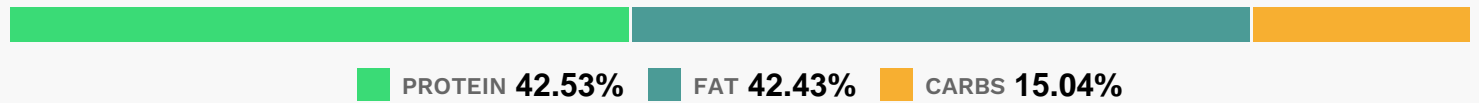
### Equipment

- bowl
- frying pan
- ladle

## Directions

- In a 2- to 3-quart pan over high heat, frequently stir 1 can (14 1/2 oz.; 1 3/4 cup) fat-skimmed chicken broth, 1 can (14 oz.) reduced-fat coconut milk, 5 tablespoons prepared Asian peanut sauce, and 1 cup frozen peas until mixture is simmering.
- Add 1/2 pound (26 to 30 per lb.) rinsed peeled, deveined shrimp.
- Cover and remove from heat.
- Let stand until shrimp are opaque but still moist-looking in center of thickest part (cut to test), 3 to 4 minutes. Ladle soup into bowls and garnish with chopped green onions.
- Serve with lime wedges to squeeze into soup to taste.

## Nutrition Facts



## Properties

Glycemic Index:27.08, Glycemic Load:1.51, Inflammation Score:-5, Nutrition Score:12.614782483681%

## Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 401.5kcal (20.08%), Fat: 17.99g (27.67%), Saturated Fat: 9.01g (56.29%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 12.09g (4.4%), Sugar: 5.47g (6.08%), Cholesterol: 142.67mg (47.56%), Sodium: 909.23mg (39.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.56g (81.13%), Phosphorus: 320.12mg (32.01%), Selenium: 19.6µg (28%), Zinc: 3.8mg (25.35%), Vitamin K: 23.78µg (22.65%), Vitamin C: 15.92mg (19.3%), Vitamin B12: 1.03µg (17.13%), Copper: 0.34mg (17.13%), Vitamin B3: 3.26mg (16.29%), Magnesium: 52.59mg (13.15%), Vitamin B6: 0.26mg (13.03%), Iron: 2.26mg (12.55%), Potassium: 412.95mg (11.8%), Vitamin A: 519.53IU (10.39%), Vitamin B2: 0.16mg (9.15%), Fiber: 2.25g (9%), Manganese: 0.18mg (8.85%), Folate: 29.54µg (7.38%), Vitamin B1: 0.1mg (6.67%), Calcium: 64.39mg (6.44%), Vitamin E: 0.41mg (2.74%)