



Prawns in Peanut Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon achiote powder
- ☐ 0.5 pound bok choy chopped
- ☐ 1 large eggplant diced
- ☐ 0.5 pound green beans fresh trimmed
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 2.3 pounds prawns deveined peeled

- ☐ 6 servings salt to taste
- ☐ 3 tablespoons smooth peanut butter
- ☐ 2 cups water

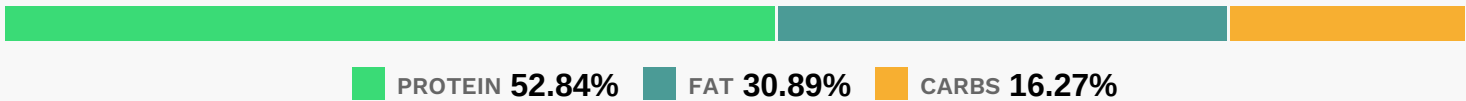
Equipment

- ☐ frying pan
- ☐ pot
- ☐ sieve

Directions

- ☐ Bring the water and salt to a boil in a large pot.
- ☐ Add the prawns to the water and return to a boil; cook at a boil for 5 minutes.
- ☐ Remove the prawns with a strainer and set aside.
- ☐ Cook the beans, eggplant, and bok choy in the water until slightly tender, about 3 minutes.
- ☐ Drain and reserve the liquid. Set the vegetables aside.
- ☐ Heat the olive oil in a large skillet over medium heat; cook and stir the onion and garlic in the hot oil until fragrant, about 5 minutes.
- ☐ Sprinkle the achiote powder over the mixture; stir until you produce an even orange-red color.
- ☐ Add the peanut butter and continue stirring until the peanut butter has melted evenly into the mixture. Stir the reserved water into the mixture and bring to a boil; cook at a boil for 3 minutes before stirring in the prawns and vegetables. Continue boiling together 2 minutes more before serving.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:2.07, Inflammation Score:-9, Nutrition Score:17.662173779114%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 278.13kcal (13.91%), Fat: 9.94g (15.29%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 7.37g (2.68%), Sugar: 6g (6.67%), Cholesterol: 273.86mg (91.29%), Sodium: 463.83mg (20.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.26g (76.52%), Phosphorus: 444.64mg (44.46%), Copper: 0.82mg (40.87%), Vitamin A: 1967.7IU (39.35%), Vitamin K: 39.05µg (37.19%), Vitamin C: 24.97mg (30.27%), Manganese: 0.53mg (26.66%), Magnesium: 103.25mg (25.81%), Potassium: 874.85mg (25%), Zinc: 2.82mg (18.79%), Calcium: 181.89mg (18.19%), Fiber: 4.41g (17.62%), Folate: 64.61µg (16.15%), Vitamin B6: 0.26mg (13.03%), Vitamin E: 1.82mg (12.16%), Iron: 1.97mg (10.96%), Vitamin B3: 2.05mg (10.27%), Vitamin B2: 0.12mg (6.78%), Vitamin B1: 0.1mg (6.49%), Vitamin B5: 0.45mg (4.46%), Selenium: 1.21µg (1.72%)