



Quick Coconut Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon chile paste with garlic
- ☐ 0.3 cup rice hot cooked
- ☐ 14.5 ounce less-sodium chicken broth fat-free canned
- ☐ 1 teaspoon fish sauce
- ☐ 1.5 teaspoons cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh peeled chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 tablespoon green onions chopped

- ☐ 0.8 cup coconut milk light
- ☐ 1 teaspoon juice of lime fresh
- ☐ 0.5 teaspoon lime rind grated
- ☐ 3 ounces shrimp deveined peeled

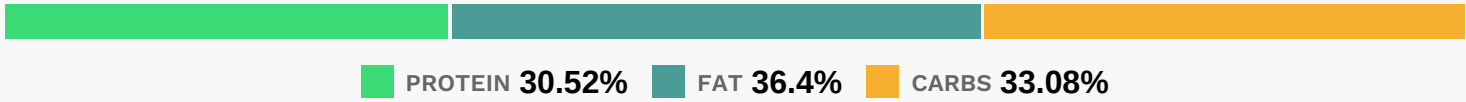
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Combine the first 7 ingredients in a medium saucepan, and bring mixture to a boil. Reduce heat, and simmer, uncovered, 10 minutes.
- ☐ Remove from heat; stir in coconut milk, onions, chopped cilantro, and lime juice. Spoon rice into a soup bowl; ladle soup over rice.

Nutrition Facts



Properties

Glycemic Index:250, Glycemic Load:16.29, Inflammation Score:-2, Nutrition Score:9.5073913931847%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 294.54kcal (14.73%), Fat: 11.33g (17.43%), Saturated Fat: 10.13g (63.31%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 22.63g (8.23%), Sugar: 1.3g (1.44%), Cholesterol: 136.93mg (45.64%), Sodium: 2381.17mg (103.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.38g (42.75%), Phosphorus: 257.77mg (25.78%), Copper: 0.47mg (23.62%), Selenium: 13.84µg (19.77%), Manganese: 0.38mg (19.07%), Vitamin B12: 0.85µg (14.18%),

Vitamin B3: 2.75mg (13.73%), Magnesium: 54.64mg (13.66%), Potassium: 435.01mg (12.43%), Vitamin K: 12.97µg (12.35%), Zinc: 1.55mg (10.36%), Calcium: 87.78mg (8.78%), Vitamin B6: 0.16mg (8.18%), Iron: 1.33mg (7.4%), Vitamin B5: 0.74mg (7.36%), Vitamin B2: 0.11mg (6.26%), Vitamin C: 3.86mg (4.68%), Folate: 13.87µg (3.47%), Vitamin B1: 0.05mg (3.34%), Fiber: 0.54g (2.15%), Vitamin A: 76.28IU (1.53%)