



HEALTH SCORE

52%

Salmon noodle soup



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 l chicken stock see
- ☐ 2 tsp curry paste red
- ☐ 100 g rice
- ☐ 150 g mushroom caps sliced
- ☐ 125 g baby corns sliced
- ☐ 2 fillet salmon fillet skinless sliced
- ☐ 2 juice of lime
- ☐ 1 tbsp soya sauce reduced-salt

- ☐ 1 pinch brown sugar
- ☐ 1 small bunch cilantro leaves chopped

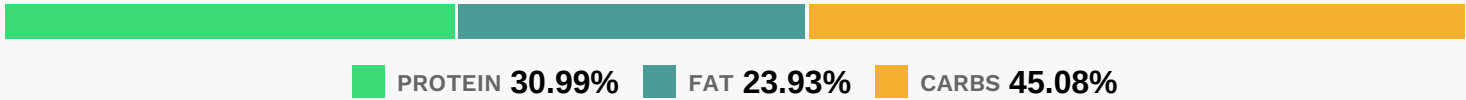
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Pour the stock into a large pan, bring to the boil, then stir in the curry paste.
- ☐ Add the noodles and cook for 8 mins. Tip in the mushrooms and corn and cook for 2 mins more.
- ☐ Add the salmon to the pan and cook for 3 mins or until cooked through.
- ☐ Remove from the heat and stir in the lime juice, soy sauce and a pinch of sugar. Ladle into 4 bowls and sprinkle over the coriander just before you serve.

Nutrition Facts



Properties

Glycemic Index:48.92, Glycemic Load:15.81, Inflammation Score:-6, Nutrition Score:22.389999757642%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 356.73kcal (17.84%), Fat: 9.46g (14.55%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 37.84g (13.76%), Sugar: 7.12g (7.91%), Cholesterol: 54.36mg (18.12%), Sodium: 657.7mg (28.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.56g (55.12%), Vitamin B3: 13.29mg (66.45%), Selenium: 42.65µg (60.93%), Vitamin B6: 1.06mg (53.1%), Vitamin B12: 2.7µg (45.05%), Vitamin B2: 0.66mg (38.96%), Phosphorus: 342.21mg (34.22%), Potassium: 931.5mg (26.61%), Vitamin B5: 2.53mg (25.25%), Copper: 0.49mg (24.39%), Manganese: 0.46mg (22.89%), Vitamin B1: 0.34mg (22.72%), Magnesium: 60.21mg (15.05%), Vitamin A:

660.01IU (13.2%), Folate: 51.55µg (12.89%), Zinc: 1.79mg (11.95%), Iron: 1.93mg (10.72%), Vitamin C: 7.48mg (9.06%),
Fiber: 2.26g (9.03%), Vitamin K: 6.95µg (6.62%), Calcium: 34.54mg (3.45%), Vitamin E: 0.21mg (1.43%)