






 **16%**
HEALTH SCORE

Shrimp and Lemongrass Soup

 **Gluten Free**  **Dairy Free**

READY IN

45 min.

SERVINGS

4

CALORIES

135 kcal

SOUP **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 6 jumbo shrimp raw peeled
- 2 lemon grass
- 1 spring onion thinly sliced
- 1 c bean sprouts
- 1 juice of lime juiced
- 1 carrots julienned peeled
- 0.5 daikon radish julienned peeled
- 4 c chicken stock see

4 servings mint leaves for garnish

Equipment

knife

pot

Directions

Cut off the white part of the lemongrass stems, reserving tops.

Cut the white part into inch long pieces and flatten with the knife. Bring chicken stock to a boil in a large stockpot and add lemongrass stem and shrimp shells. Simmer for 2 minutes, then set aside to infuse.

Strain stock, then return to stock pot. Slice the remaining lemongrass stem and finely chop.

Add to stock along with shrimp, and simmer for 3-4 minutes until shrimp is pink.

Add lime juice, scallions, bean sprouts, carrots and daikon.

Stir well and season well.

Serve with a mint garnish.

Nutrition Facts



PROTEIN 33.66% **FAT 22.03%** **CARBS 44.31%**

Properties

Glycemic Index:27.71, Glycemic Load:0.87, Inflammation Score:-9, Nutrition Score:12.78652173913%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 135.37kcal (6.77%), Fat: 3.34g (5.14%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 13.36g (4.86%), Sugar: 6.84g (7.6%), Cholesterol: 45mg (15%), Sodium: 535.04mg (23.26%),

Protein: 11.49g (22.97%), Vitamin A: 2690.62IU (53.81%), Vitamin B3: 4.83mg (24.13%), Vitamin C: 17.3mg (20.97%), Selenium: 14.67µg (20.96%), Phosphorus: 172.51mg (17.25%), Vitamin K: 17.54µg (16.71%), Vitamin B2: 0.27mg (15.74%), Copper: 0.3mg (14.84%), Potassium: 510.17mg (14.58%), Folate: 53.97µg (13.49%), Vitamin B6: 0.27mg (13.3%), Manganese: 0.24mg (12.2%), Vitamin B1: 0.14mg (9.09%), Magnesium: 33.75mg (8.44%), Iron: 1.32mg (7.36%), Fiber: 1.76g (7.04%), Zinc: 0.92mg (6.12%), Vitamin B12: 0.33µg (5.55%), Calcium: 50.49mg (5.05%), Vitamin E: 0.63mg (4.18%), Vitamin B5: 0.31mg (3.08%)