

DINNER

Shrimp and Spinach Soup

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$2.28	96 kcal



Shrimp and Spinach Soup is a main course that serves 6. For \$2.28 per serving, this recipe covers 8% of your daily requirements of vitamins and minerals. One portion of this dish contains about 16g of protein, 0g of fat, and a total of 123 calories.

Ingredients

- ☐ ½ cup matchstick-cut peeled fresh ginger
- ☐ ¼ cup mirin (sweet rice wine)
- ☐ 2 ounces cups bagged prewashed spinach (about
- ☐ ½ cup water
- ☐ 2 tablespoons low-sodium soy sauce
- ☐ 1 pound shrimp, peeled and deveined
- ☐ 28 ounce vegetable broth
canned

EQUIPMENT Sauce pan

Method

- 1 Combine first 5 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Stir in shrimp; cook over medium heat 2 minutes or until shrimp are almost done. Stir in spinach; cook 1 minute, stirring occasionally.

Nutrition per serving

96	16 g	1 g	4 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.1 g · 1% of daily needs
Fibre			0.4 g · 2% of daily needs
Sugar			1.3 g · 1% of daily needs
Sodium			821 mg · 36% of daily needs
Cholesterol			122 mg · 41% of daily needs
Vitamin C			3.1 mg · 4% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/shrimp-and-spinach-soup-148331