



Shrimp Tom Yum

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound angel hair pasta dried (mai fun, rice sticks, or rice vermicelli)
- ☐ 2 tablespoons asian fish sauce (nuoc mam or nam pla)
- ☐ 6 servings chili oil
- ☐ 2.5 quarts fat-skimmed chicken broth
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 6 slices galangal fresh (quarter-size)
- ☐ 0.5 cup green onions thinly sliced
- ☐ 1 stalk lemon grass yellow peeled (12 to 16 in. long) () (part only)

☐ 0.3 cup juice of lime

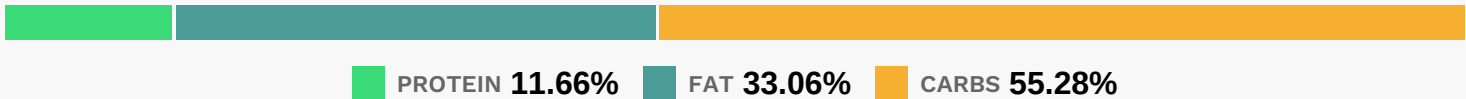
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ slotted spoon

Directions

- ☐ Crush lemon grass slightly.
- ☐ Cut stalk into about 3-inch lengths.
- ☐ Slice chili crosswise into thin rings; discard stem.
- ☐ In a 3- to 4-quart pan, combine lemon grass, chili rings, galangal, lime leaves, and broth. Bring to a boil over high heat, cover, and simmer 15 to 20 minutes.
- ☐ Meanwhile, in a 6- to 8-quart pan, bring about 3 quarts water to a boil over high heat.
- ☐ Add noodles and cook, stirring occasionally, until barely tender to bite, 3 to 4 minutes.
- ☐ Drain well.
- ☐ Place noodles in 5 or 6 large soup bowls.
- ☐ With a slotted spoon, scoop lemon grass, chili rings, galangal, and lime leaves from broth and discard.
- ☐ Stir shrimp into broth and cook until they are opaque in thickest part (cut to test), 2 to 3 minutes.
- ☐ Transfer shrimp with a spoon onto noodles in bowls.
- ☐ To broth, add lime juice and fish sauce to taste. Ladle into bowls.
- ☐ Sprinkle with cilantro and onions.
- ☐ Add chili oil to taste.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:22.87, Inflammation Score:-5, Nutrition Score:15.226087155549%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 431.67kcal (21.58%), Fat: 15.87g (24.41%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 59.72g (19.91%), Net Carbohydrates: 56.96g (20.71%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 2091.12mg (90.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.6g (25.19%), Selenium: 57.1µg (81.58%), Manganese: 0.91mg (45.33%), Vitamin K: 29.95µg (28.52%), Phosphorus: 195.02mg (19.5%), Vitamin B3: 3.74mg (18.7%), Copper: 0.32mg (16.01%), Magnesium: 59.69mg (14.92%), Vitamin E: 2.21mg (14.7%), Vitamin B12: 0.82µg (13.62%), Iron: 2.03mg (11.29%), Fiber: 2.75g (11.01%), Potassium: 372.42mg (10.64%), Vitamin B6: 0.2mg (10.12%), Vitamin B2: 0.15mg (8.59%), Zinc: 1.27mg (8.44%), Vitamin B5: 0.84mg (8.38%), Folate: 29.87µg (7.47%), Vitamin B1: 0.11mg (7.1%), Vitamin C: 5.15mg (6.24%), Calcium: 44.62mg (4.46%), Vitamin A: 178.97IU (3.58%)