



Sour and Spicy Shrimp Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



150 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cilantro stems crushed
- ☐ 0.5 cup cilantro leaves
- ☐ 6 árbol chiles dried
- ☐ 47.3 ounce less-sodium chicken broth fat-free canned
- ☐ 10 galangal pieces fresh crushed peeled thinly sliced
- ☐ 6 kaffir lime leaves or grated
- ☐ 2 stalks lemongrass fresh crushed peeled chopped
- ☐ 3 tablespoons juice of lime fresh

- ☐ 4 serrano chiles crushed
- ☐ 2 large shallots peeled halved
- ☐ 1.5 pounds shrimp
- ☐ 3 tablespoons thai fish sauce
- ☐ 2 tablespoons vegetable oil

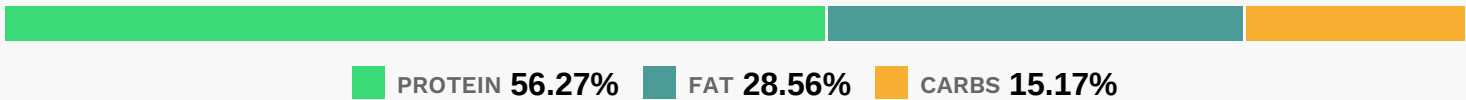
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Peel the shrimp, reserving 6 shells; set shrimp aside.
- ☐ Heat the oil in a large Dutch oven over medium-high heat.
- ☐ Add the japones chiles and shrimp shells; saut for 3 minutes or until the chiles are blackened.
- ☐ Add broth, and bring to a boil.
- ☐ Add galangal and next 5 ingredients (galangal through shallots). Cover, reduce heat to medium-low, and simmer 30 minutes.
- ☐ Strain soup through a sieve into a bowl; discard solids. Return soup to pan. Increase heat to medium-high.
- ☐ Add shrimp and fish sauce; cook 2 minutes or until shrimp are done.
- ☐ Remove from heat; stir in lime juice.
- ☐ Sprinkle with cilantro leaves.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.57, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:8.5108694822892%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 149.62kcal (7.48%), Fat: 4.87g (7.49%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 5.05g (1.84%), Sugar: 1.74g (1.93%), Cholesterol: 156.49mg (52.16%), Sodium: 1508.22mg (65.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.18%), Phosphorus: 245.66mg (24.57%), Copper: 0.47mg (23.64%), Manganese: 0.36mg (17.98%), Magnesium: 60.04mg (15.01%), Vitamin K: 15.21µg (14.48%), Potassium: 470.47mg (13.44%), Zinc: 1.54mg (10.29%), Calcium: 83.21mg (8.32%), Iron: 1.43mg (7.95%), Vitamin B3: 1.51mg (7.53%), Selenium: 5.15µg (7.36%), Vitamin B12: 0.42µg (7%), Vitamin C: 5.44mg (6.6%), Vitamin B6: 0.13mg (6.4%), Vitamin A: 304.57IU (6.09%), Vitamin B2: 0.07mg (3.99%), Folate: 15.66µg (3.91%), Vitamin B5: 0.31mg (3.14%), Fiber: 0.77g (3.07%), Vitamin E: 0.46mg (3.03%), Vitamin B1: 0.03mg (1.95%)