



Spiced and Sour Mushroom Soup (Tom Yam Hed)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



78 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tbsp apple concentrate
- ☐ 3 bird's eye chiles pressed
- ☐ 2.3 oz cherry tomatoes halved
- ☐ 3 tbsp galangal julienned
- ☐ 3 kaffir lime leaves finely sliced
- ☐ 3 tbsp lemongrass diagonally sliced finely
- ☐ 3 tbsp juice of lime

- ☐ 4 tbsp miso paste
- ☐ 3.3 oz oyster mushrooms sliced
- ☐ 3 medium shallots crushed quartered
- ☐ 3.3 oz straw mushrooms trimmed halved

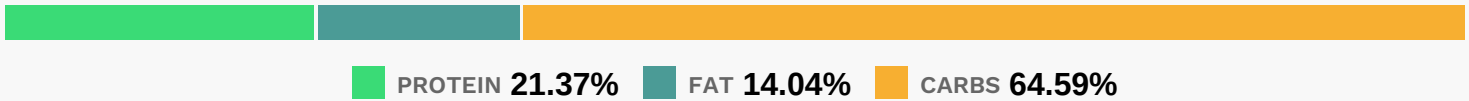
Equipment

- ☐ sauce pan
- ☐ drinking straws

Directions

- ☐ In a saucepan, bring vegetable stock, shallots, galangal, lemongrass, kaffir lime leaves and chiles to a boil. Continue to boil for 4-5 minutes.
- ☐ Add oyster and straw mushrooms and cherry tomatoes. Once cooked remove from heat and season with miso paste, lime juice and apple concentrate.
- ☐ Other
- ☐ Reprinted with permission from Chiva-Som's Thai Spa Cuisine by Chef Paisarn Cheewinsirawat and his Culinary Team, (C) 2005 (reprinted 2007). Editions Didier Millet PTE LTD for Chiva-Som International Health Resorts CO., LTD

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:2.97, Inflammation Score:-4, Nutrition Score:7.2299999614125%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg

Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin:
0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg,
Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 78.21kcal (3.91%), Fat: 1.35g (2.07%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 13.96g (4.65%), Net
Carbohydrates: 11.06g (4.02%), Sugar: 3.87g (4.3%), Cholesterol: 0mg (0%), Sodium: 731.34mg (31.8%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 4.62g (9.23%), Manganese: 0.46mg (23.14%), Vitamin C: 14.23mg (17.25%),
Fiber: 2.9g (11.61%), Copper: 0.2mg (10.21%), Iron: 1.73mg (9.6%), Phosphorus: 91.09mg (9.11%), Vitamin B2: 0.15mg
(8.99%), Potassium: 298.59mg (8.53%), Folate: 33.64µg (8.41%), Selenium: 5.64µg (8.06%), Vitamin B3: 1.55mg
(7.75%), Vitamin B6: 0.15mg (7.73%), Zinc: 0.96mg (6.41%), Magnesium: 23.1mg (5.77%), Vitamin K: 6.05µg (5.76%),
Vitamin B5: 0.54mg (5.44%), Vitamin B1: 0.07mg (4.88%), Vitamin A: 138.94IU (2.78%), Calcium: 25.92mg (2.59%),
Vitamin D: 0.16µg (1.07%)