



## Spicy Coconut Shrimp Soup

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

READY IN



45 min.

SERVINGS



4

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 cups less-sodium chicken broth fat-free
- 1 tablespoon fish sauce
- 2 tablespoons basil fresh thinly sliced
- 0.5 teaspoon ginger fresh grated peeled
- 0.3 cup green onions thinly sliced
- 1 tablespoon brown sugar light
- 1 cup coconut milk light
- 2 tablespoons juice of lime fresh

- 1 cup mushrooms sliced
- 0.3 cup bell pepper red finely chopped
- 0.3 teaspoon curry paste red
- 1 pound shrimp deveined peeled

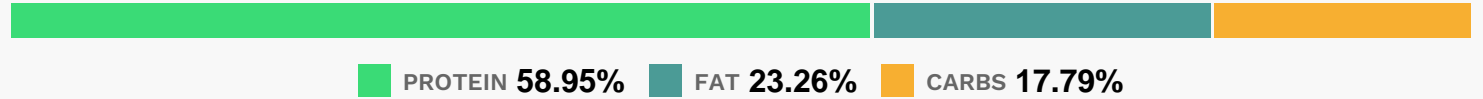
## Equipment

- frying pan
- sauce pan

## Directions

- Combine first 7 ingredients in a large saucepan over medium-high heat; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Stir in coconut milk; cook 2 minutes or until hot.
- Add shrimp to pan; cook 3 minutes or until shrimp are done.
- Remove pan from heat; stir in onions, basil, and juice.

## Nutrition Facts



## Properties

Glycemic Index:45.25, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:9.8586956806805%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 171.34kcal (8.57%), Fat: 4.4g (6.78%), Saturated Fat: 3.48g (21.72%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 6.92g (2.52%), Sugar: 4.54g (5.04%), Cholesterol: 182.57mg (60.86%), Sodium: 1345.88mg (58.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.12g (50.23%), Phosphorus: 292.02mg (29.2%), Copper: 0.57mg (28.72%), Vitamin C: 16.09mg (19.5%), Vitamin K: 17.59µg (16.75%), Potassium: 501.89mg (14.34%), Magnesium: 55.7mg (13.92%), Zinc: 1.76mg (11.71%), Vitamin B3: 2.23mg (11.14%), Selenium: 7.11µg (10.15%), Calcium:

94.11mg (9.41%), Vitamin A: 460.15IU (9.2%), Vitamin B2: 0.16mg (9.16%), Vitamin B12: 0.43µg (7.14%), Iron: 1.22mg (6.8%), Vitamin B5: 0.65mg (6.53%), Manganese: 0.12mg (5.84%), Vitamin B6: 0.11mg (5.38%), Folate: 18.13µg (4.53%), Vitamin B1: 0.04mg (2.98%), Fiber: 0.66g (2.64%), Vitamin E: 0.21mg (1.39%)