



Spicy Coconut Shrimp Soup



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 tablespoons fish sauce
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated
- ☐ 8 oz mushrooms fresh sliced
- ☐ 4 garlic clove minced
- ☐ 0.3 cup spring onion sliced
- ☐ 1 tablespoon brown sugar light

- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons olive oil
- ☐ 1 medium size bell pepper red chopped
- ☐ 2 teaspoons curry paste red
- ☐ 1 pound shrimp raw unpeeled ()
- ☐ 13.5 oz coconut milk unsweetened canned
- ☐ 4 cups vegetable stock

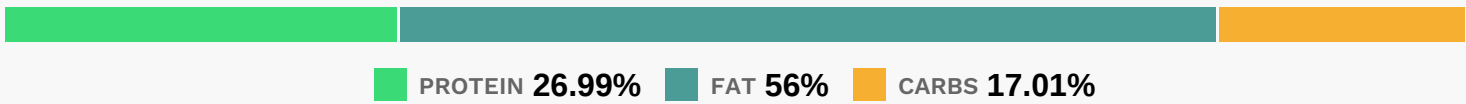
Equipment

- ☐ dutch oven

Directions

- ☐ Peel shrimp; devein, if desired.
- ☐ Saut ginger and garlic in hot oil in a large Dutch oven over medium-high heat 1 to 2 minutes or until fragrant.
- ☐ Add broth and next 5 ingredients. Bring broth mixture to a boil, and reduce heat to medium.
- ☐ Add mushrooms and bell pepper, and cook, stirring often, 3 to 5 minutes or until crisp-tender.
- ☐ Add shrimp, and cook 1 to 2 minutes or just until shrimp turn pink.
- ☐ Remove from heat.
- ☐ Add basil, next 2 ingredients, and, if desired, chile pepper.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:1.71, Inflammation Score:-8, Nutrition Score:13.880869621816%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol:

0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 262.46kcal (13.12%), Fat: 17.25g (26.54%), Saturated Fat: 13.81g (86.3%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 9.31g (3.39%), Sugar: 7.56g (8.4%), Cholesterol: 121.71mg (40.57%), Sodium: 1319.8mg (57.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.71g (37.42%), Vitamin C: 30.72mg (37.24%), Manganese: 0.73mg (36.28%), Copper: 0.61mg (30.58%), Vitamin A: 1358.79IU (27.18%), Phosphorus: 270.07mg (27.01%), Magnesium: 72mg (18%), Potassium: 587.37mg (16.78%), Vitamin K: 16.73µg (15.93%), Selenium: 8.53µg (12.18%), Zinc: 1.76mg (11.73%), Vitamin B3: 2.28mg (11.42%), Iron: 1.99mg (11.03%), Vitamin B2: 0.18mg (10.66%), Fiber: 2.48g (9.91%), Vitamin B6: 0.18mg (9.06%), Folate: 33.8µg (8.45%), Vitamin B5: 0.78mg (7.83%), Calcium: 77.72mg (7.77%), Vitamin B1: 0.07mg (4.45%), Vitamin E: 0.66mg (4.42%)