



Spicy Coconut Soup

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



6

CALORIES



284 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups baby peas fresh
- 3 tablespoons fish sauce
- 1 piece ginger fresh sliced (3-inch)
- 1 medium jalapeno end trimmed halved lengthwise seeded
- 1 stalk lemongrass white smashed sliced lengthwise cut into 6-inch lengths, and
- 1 tablespoon brown sugar light packed
- 0.3 cup juice of lime freshly squeezed
- 1 quart chicken broth low-sodium

- 6 ounces snow peas
- 0.3 cup thai basil leaves thinly sliced
- 7 ounces spicy tofu firm
- 14 ounce coconut milk unsweetened canned
- 1 tablespoon vegetable oil

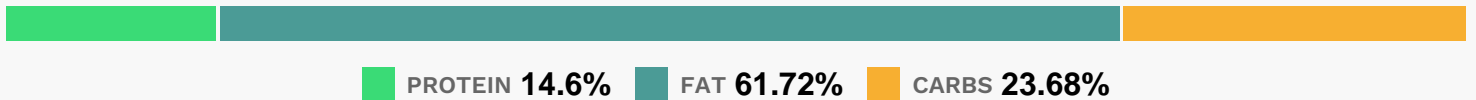
Equipment

- pot

Directions

- Heat oil in a small pot over medium-high heat. When it shimmers, add lemongrass, ginger, and chile and cook until fragrant, about 1 minute. Carefully add stock, coconut milk, and sugar and bring to a boil.
- Reduce heat to low and add tofu, peas, and snow peas and cook until snow peas are cooked through, about 4 minutes.
- Remove from heat and stir in basil, lime juice, and fish sauce.
- Serve.

Nutrition Facts



Properties

Glycemic Index:29.39, Glycemic Load:1.54, Inflammation Score:-7, Nutrition Score:14.650000074635%

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 Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 284.05kcal (14.2%), Fat: 20.66g (31.78%), Saturated Fat: 14.8g (92.48%), Carbohydrates: 17.84g (5.95%), Net Carbohydrates: 13.17g (4.79%), Sugar: 8.26g (9.18%), Cholesterol: 0mg (0%), Sodium: 769.18mg (33.44%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 10.99g (21.98%), Manganese: 0.99mg (49.74%), Vitamin C: 39.5mg (47.88%), Vitamin K: 24.96µg (23.77%), Vitamin B3: 3.89mg (19.45%), Fiber: 4.67g (18.67%), Copper: 0.37mg (18.25%), Iron: 3.28mg (18.21%), Phosphorus: 173.85mg (17.39%), Magnesium: 64.55mg (16.14%), Potassium: 526.8mg (15.05%), Folate: 54.98µg (13.75%), Vitamin A: 669.65IU (13.39%), Vitamin B1: 0.16mg (10.86%), Vitamin B6: 0.2mg (9.99%), Calcium: 90.29mg (9.03%), Selenium: 5.84µg (8.35%), Zinc: 1.22mg (8.16%), Vitamin B2: 0.13mg (7.69%), Vitamin B5: 0.41mg (4.1%), Vitamin E: 0.56mg (3.73%), Vitamin B12: 0.2µg (3.35%)