



## Spicy Lemongrass Soup

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 stalks lemon grass fresh
- 3 bell pepper dried red
- 1 inch ginger sliced
- 2 cloves garlic sliced
- 3 cups vegetable stock
- 0.5 cup coconut milk fresh canned
- 6 oz spicy tofu
- 1 handful snow peas

- 1 handful mushrooms sliced
- 1 handful mushrooms sliced
- 4 oz vermicelli
- 4 oz vermicelli
- 4 juice of lime
- 1 slices spring onion grated for garnish

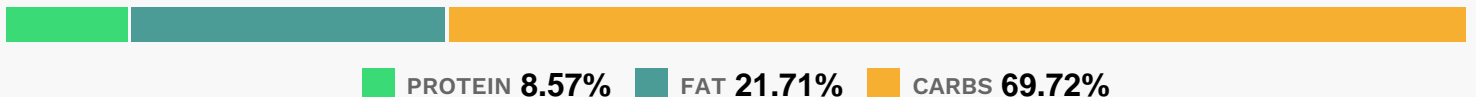
## Equipment

- pot
- cheesecloth

## Directions

- Chop the lemongrass into 2 inch pieces and then slice down the center, add to the soup pot along with the broth and coconut milk, garlic and ginger. Bring to a boil and then simmer on low for 30 minutes. Once the broth is done simmering you will want to strain it through some cheese cloth. The lemongrass stalks are not edible, I found that out the hard way.
- Bring the broth back to a simmer and add the tofu, mushrooms, snow peas and the rice noodles.
- You can add the lime juice at any time.
- I added some lime juice at the beginning and then some at the end before serving.
- Simmer until the noodles are soft.
- Garnish with grated ginger or scallions.

## Nutrition Facts



## Properties

Glycemic Index:111.5, Glycemic Load:30.04, Inflammation Score:-10, Nutrition Score:16.703913043478%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Taste

Sweetness: 100%, Saltiness: 24.55%, Sourness: 46.02%, Bitterness: 47.52%, Savoriness: 95.34%, Fattiness: 97.19%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 348.63kcal (17.43%), Fat: 8.56g (13.17%), Saturated Fat: 5.71g (35.7%), Carbohydrates: 61.89g (20.63%), Net Carbohydrates: 58.57g (21.3%), Sugar: 5.95g (6.61%), Cholesterol: 0mg (0%), Sodium: 818.74mg (35.6%), Protein: 7.61g (15.21%), Vitamin C: 124.48mg (150.89%), Vitamin A: 3190.63IU (63.81%), Manganese: 1.03mg (51.34%), Iron: 2.91mg (16.17%), Vitamin B6: 0.32mg (15.8%), Phosphorus: 152.39mg (15.24%), Folate: 55.92µg (13.98%), Fiber: 3.33g (13.3%), Selenium: 9.01µg (12.87%), Potassium: 372.86mg (10.65%), Vitamin E: 1.48mg (9.9%), Magnesium: 38.69mg (9.67%), Calcium: 87.07mg (8.71%), Copper: 0.16mg (8.04%), Zinc: 1.02mg (6.8%), Vitamin B3: 1.35mg (6.74%), Vitamin B2: 0.1mg (6.16%), Vitamin B1: 0.09mg (5.91%), Vitamin K: 5.16µg (4.91%), Vitamin B5: 0.42mg (4.18%)