



Spicy Shrimp Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups beef stock unsalted (such as Swanson)
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 8 ounce bottled clam juice
- ☐ 1 teaspoon fish sauce
- ☐ 12 small basil leaves fresh
- ☐ 0.5 cup bean sprouts fresh
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 inch ginger fresh peeled

- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup diagonally cut green onions
- ☐ 4 lime wedges
- ☐ 1 teaspoon lower-sodium soy sauce
- ☐ 4 ounces flat rice noodles uncooked
- ☐ 1 ounce shiitake mushroom caps dried chopped
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 star anise
- ☐ 1 cup water
- ☐ 1 tablespoon sambal oelek or fresh red crushed (ground chile paste)

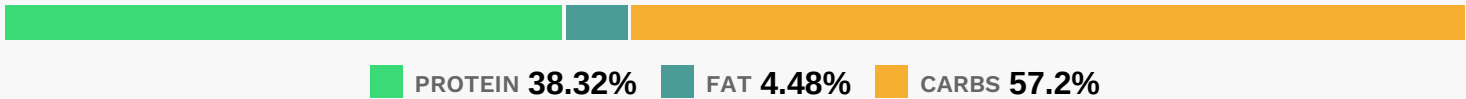
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine first 11 ingredients in a large saucepan. Bring to a boil; reduce heat, and simmer until reduced to 3 1/2 cups (about 12 minutes).
- ☐ Add shrimp; cook 4 minutes or until done.
- ☐ Remove cinnamon, anise, and ginger; discard. Cook rice noodles according to package directions; drain.
- ☐ Place 1/2 cup noodles in each of 4 bowls, and top each serving with 1 cup stock mixture and about 5 shrimp.
- ☐ Sprinkle evenly with bean sprouts, green onions, cilantro, and basil.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:69.75, Glycemic Load:14.32, Inflammation Score:-7, Nutrition Score:18.79565231826%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 301.4kcal (15.07%), Fat: 1.55g (2.39%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 44.58g (14.86%), Net Carbohydrates: 40.23g (14.63%), Sugar: 4.44g (4.94%), Cholesterol: 182.57mg (60.86%), Sodium: 952.05mg (41.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.87g (59.75%), Copper: 1.04mg (51.86%), Phosphorus: 399.01mg (39.9%), Vitamin K: 41.23µg (39.27%), Manganese: 0.74mg (36.78%), Potassium: 955.19mg (27.29%), Magnesium: 85.01mg (21.25%), Zinc: 2.94mg (19.6%), Vitamin B2: 0.32mg (19.09%), Vitamin A: 950.92IU (19.02%), Vitamin B5: 1.77mg (17.65%), Fiber: 4.35g (17.41%), Vitamin C: 13.73mg (16.64%), Vitamin B3: 3.32mg (16.61%), Vitamin B6: 0.32mg (15.91%), Selenium: 11.09µg (15.84%), Calcium: 149.26mg (14.93%), Iron: 2.61mg (14.47%), Folate: 41.6µg (10.4%), Vitamin B1: 0.14mg (9.13%), Vitamin E: 1.05mg (7.01%), Vitamin D: 0.28µg (1.84%)