



HEALTH SCORE

62%

Spicy Thai Soup with Lime Shrimp



Vegetarian



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



115 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



1 teaspoon curry paste green



0.5 teaspoon ground ginger



2 juice of lime divided



1 cup lime shrimp



1 Slices from 1/2 lime



1.5 cups chicken broth low-sodium



1 cup peas frozen

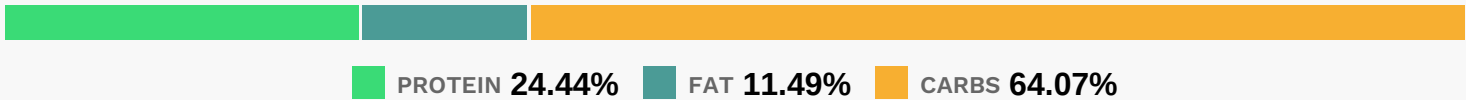
Equipment

- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ microwave

Directions

- ☐ Blend Mashed Sweet Potatoes, and broth in a blender until smooth; pour into a medium pot over low heat.
- ☐ Whisk in curry paste and ginger. Cook 10 minutes.
- ☐ While cooking, arrange the enchilada bake and prepare the topping for the shepherd's pie.
- ☐ Turn heat to medium.
- ☐ Add Lime Shrimp and peas; stir frequently until shrimp are cooked through, about 5 minutes.
- ☐ Remove from heat; add lime juice (from 1 1/2 limes). If not eating immediately, pour into an airtight container and freeze. Otherwise, serve, garnished with lime slices.
- ☐ Microwave on high 4 to 5 minutes, stirring halfway through. Stir in juice of 1/2 lime.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:54.17, Glycemic Load:4.07, Inflammation Score:-8, Nutrition Score:12.922174158304%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 24.84mg, Hesperetin: 24.84mg, Hesperetin: 24.84mg, Hesperetin: 24.84mg Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 114.54kcal (5.73%), Fat: 1.68g (2.58%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 15.22g (5.53%), Sugar: 5.91g (6.57%), Cholesterol: 0mg (0%), Sodium: 58.53mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Vitamin C: 53.2mg (64.48%), Manganese: 0.47mg (23.66%), Fiber: 5.86g (23.43%), Vitamin B3: 4.13mg (20.67%), Vitamin A: 989.28IU (19.79%), Vitamin K: 18.47µg (17.59%), Phosphorus: 145.71mg (14.57%), Vitamin B1: 0.22mg (14.4%), Folate: 54.31µg (13.58%), Copper: 0.26mg (13.09%), Potassium: 423.35mg (12.1%), Iron: 1.94mg (10.76%), Vitamin B2: 0.16mg (9.67%), Vitamin B6: 0.18mg (8.85%), Magnesium: 32.26mg (8.06%), Zinc: 1.17mg (7.83%), Calcium: 50.47mg (5.05%), Vitamin B12: 0.18µg (2.95%), Selenium: 1.82µg (2.6%), Vitamin B5: 0.23mg (2.26%), Vitamin E: 0.27mg (1.82%)