



Super Hot and Sour Shrimp Soup

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



124 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons asian fish sauce (nuoc mam or nam pla)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 green onions chopped
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon lime zest grated
- ☐ 1 chile peppers red seeded chopped
- ☐ 6 servings salt and pepper to taste

- ☐ 1 pound salad shrimp frozen thawed fully cooked
- ☐ 4 cups shrimp stock
- ☐ 15 ounce straw mushrooms whole drained canned

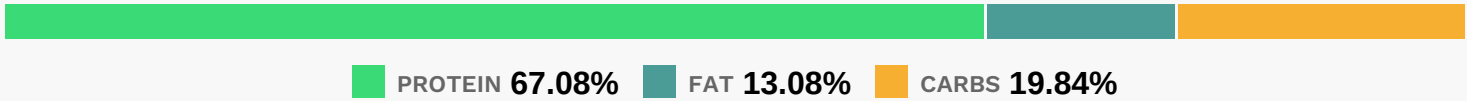
Equipment

- ☐ pot

Directions

- ☐ Combine the shrimp stock, lemon zest and lime zest in a large pot and bring to a boil. Reduce heat to medium and simmer for about 5 minutes.
- ☐ Add mushrooms and shrimp and cook until shrimp have heated through, about 5 minutes. Stir in the fish sauce, lime juice, green onion, cilantro and chile pepper. Taste and adjust salt and pepper if needed. Soup should be sour, salty, spicy and hot.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:10.056956571081%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 124.36kcal (6.22%), Fat: 1.9g (2.93%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 4.27g (1.55%), Sugar: 1.24g (1.38%), Cholesterol: 121.71mg (40.57%), Sodium: 1781.67mg (77.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.87%), Phosphorus: 261.67mg (26.17%), Copper: 0.5mg (24.84%), Vitamin C: 16.59mg (20.11%), Selenium: 12.83µg (18.32%), Vitamin B3: 2.74mg (13.71%), Potassium: 476.54mg (13.62%), Vitamin K: 14.28µg (13.6%), Magnesium: 52.78mg (13.19%), Calcium: 116.8mg (11.68%), Zinc: 1.72mg (11.5%), Folate: 44.89µg (11.22%), Iron: 2.01mg (11.18%), Fiber: 2.22g (8.87%), Manganese: 0.14mg (7.1%), Vitamin B2: 0.12mg (6.91%), Vitamin B6: 0.11mg (5.48%), Vitamin B12: 0.21µg (3.43%), Vitamin B5: 0.34mg (3.41%), Vitamin A: 153.85IU (3.08%), Vitamin E: 0.36mg (2.39%), Vitamin B1: 0.02mg (1.5%)