



Sweet and Sour Shrimp Soup



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bean sprouts
- ☐ 1 tbsp vietnamese fish sauce
- ☐ 1 garlic clove minced
- ☐ 1 cup cabbage shredded green finely
- ☐ 2 limes cut into wedges
- ☐ 1 qt chicken broth reduced-sodium
- ☐ 0.3 pineapple fresh cut into wedges, then into 1/8-in.-wide matchsticks
- ☐ 0.7 pound shrimp raw deveined peeled per lb.), and

- ☐ 1 sprigs several rice paddy herb chopped
- ☐ 2 roma tomatoes cut into 1-in. cubes
- ☐ 2 shallots dried with paper towels cut into 1/8-in.-thick slices, then
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons tamarind pulp (from a 1-lb. brick)
- ☐ 15 thai basil leaves
- ☐ 2 small thai bird chiles hot chopped
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 teaspoon sambal oelek

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ sieve

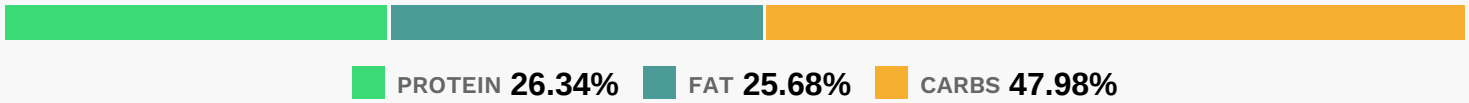
Directions

- ☐ Break off tamarind from brick and soak in 1/3 cup warm water 30 minutes, then push through a sieve and discard solids.
- ☐ Heat oil in a large, heavy-bottomed pot and fry shallots, gently stirring, until golden and crisp, about 12 minutes.
- ☐ Drain on paper towels.
- ☐ Pour all but about 2 tsp. oil into a heatproof bowl (reserve for another use).
- ☐ Cook garlic in pot over medium heat, stirring, 20 seconds.
- ☐ Add chili paste, broth, 1 cup water, the fish sauce, sugar, tamarind liquid, and tomatoes; bring to a boil, covered.
- ☐ Simmer, uncovered, 5 minutes.
- ☐ Add cabbage, pineapple, bean sprouts, and shrimp; cook just until shrimp curl. Stir in herbs and chiles; serve with shallots and lime wedges.

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*Find tamarind pulp and sambal oelek in the Asian aisle of well-stocked grocery stores or at Asian markets.

Nutrition Facts



Properties

Glycemic Index:124.74, Glycemic Load:13.16, Inflammation Score:-7, Nutrition Score:20.851304468901%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 260.01kcal (13%), Fat: 8.04g (12.37%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 33.81g (11.27%), Net Carbohydrates: 29.46g (10.71%), Sugar: 20.35g (22.61%), Cholesterol: 95.25mg (31.75%), Sodium: 865.4mg (37.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.12%), Vitamin C: 59.85mg (72.54%), Vitamin K: 50.54µg (48.13%), Manganese: 0.79mg (39.66%), Selenium: 23.79µg (33.99%), Phosphorus: 326.21mg (32.62%), Vitamin B3: 5.88mg (29.4%), Copper: 0.48mg (24.08%), Folate: 80.25µg (20.06%), Vitamin B6: 0.4mg (19.94%), Potassium: 685.62mg (19.59%), Vitamin B12: 1.1µg (18.29%), Fiber: 4.35g (17.41%), Magnesium: 63.75mg (15.94%), Vitamin B2: 0.21mg (12.16%), Vitamin B1: 0.18mg (12.14%), Vitamin E: 1.81mg (12.08%), Iron: 2.16mg (11.99%), Vitamin A: 573.5IU (11.47%), Calcium: 102.57mg (10.26%), Zinc: 1.47mg (9.79%), Vitamin B5: 0.75mg (7.54%)