



## Sweet-and-Sour Thai Fish Soup

 Gluten Free  Dairy Free

READY IN



42 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 fillet anchovy
- 2 teaspoons brown sugar
- 0.1 teaspoon cayenne
- 0.5 cup cilantro leaves chopped
- 3 cups bottled clam juice
- 0.5 small cucumber trimmed peeled seeded cut into thin julienne strips
- 1 teaspoon fish sauce
- 1 tablespoon ginger fresh grated

- 1 garlic clove minced
- 2 cups iceberg lettuce shredded
- 6 radishes thinly sliced
- 1 cup rice long-grain uncooked
- 2 scallions sliced
- 4 shallots peeled coarsely chopped
- 1 cup snow peas
- 1 tablespoon tamarind paste with 2 tablespoons water, (use 1 tablespoon lime juice if tamarind paste is not available) softened
- 1 pounds fish fillets white cut into 1-inch pieces (cod, halibut, or snapper)

## Equipment

- food processor
- bowl
- ladle
- pot
- blender

## Directions

- In a large pot of salted, boiling water, cook rice until tender.
- Drain, set aside, and keep warm.
- In a food processor or blender, combine shallots, garlic, chopped cilantro, ginger, tamarind paste, anchovy, and brown sugar and puree until smooth.
- In a soup pot, combine puree, cayenne, fish sauce, and clam juice and bring to a boil.
- Add fish and let simmer for 5 minutes.
- Add rice and simmer for 2 minutes.
- Remove soup from the heat and stir in lettuce, radishes, and snow peas. Ladle soup into bowls and serve sprinkled with scallions, cilantro leaves, and cucumber.

## Nutrition Facts



■ PROTEIN 27.94% ■ FAT 6.11% ■ CARBS 65.95%

## Properties

Glycemic Index:94.05, Glycemic Load:25.26, Inflammation Score:-8, Nutrition Score:23.215217258619%

## Flavonoids

Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

## Nutrients (% of daily need)

Calories: 423.6kcal (21.18%), Fat: 2.87g (4.42%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 69.78g (23.26%), Net Carbohydrates: 65.88g (23.96%), Sugar: 13.72g (15.24%), Cholesterol: 57.3mg (19.1%), Sodium: 836.65mg (36.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.56g (59.12%), Selenium: 56.41µg (80.59%), Manganese: 0.84mg (41.98%), Vitamin C: 30.28mg (36.71%), Vitamin K: 36.93µg (35.17%), Phosphorus: 317.57mg (31.76%), Vitamin B12: 1.86µg (30.97%), Vitamin B3: 6.17mg (30.86%), Vitamin B6: 0.55mg (27.69%), Potassium: 852.11mg (24.35%), Vitamin D: 3.52µg (23.44%), Folate: 85.4µg (21.35%), Magnesium: 77.32mg (19.33%), Vitamin A: 949.8IU (19%), Copper: 0.33mg (16.44%), Fiber: 3.9g (15.59%), Vitamin B5: 1.56mg (15.55%), Iron: 2.62mg (14.53%), Vitamin B1: 0.21mg (14.27%), Vitamin B2: 0.18mg (10.34%), Zinc: 1.37mg (9.1%), Calcium: 83.14mg (8.31%), Vitamin E: 0.99mg (6.62%)