



 **16%**
HEALTH SCORE

Thai Coconut Curry Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



218 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 can lite coconut milk light (I don't recommend using)
- 2 cans water
- 2 tablespoons curry paste red
- 1 tablespoon ginger fresh minced
- 1 cup snow peas fresh
- 1 cup green beans cut in half
- 1 large carrots diced
- 1 handful thai basil whole

- 0.3 cup juice of lime to taste
- 1 tablespoon soy sauce low-sodium
- 3 tablespoon sesame oil
- 6 servings chili powder
- 1 pound tofu firm cubed pressed
- 0.5 teaspoon salt to taste
- 1 bell pepper red cut into strips (for garnish)
- 6 servings pepper black freshly ground (for garnish)

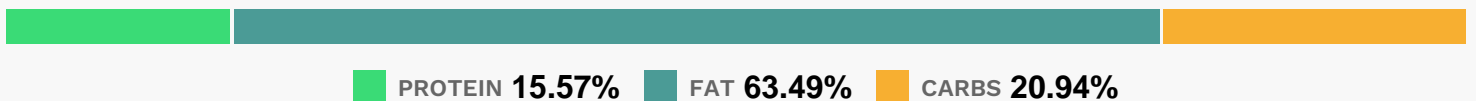
Equipment

- whisk

Directions

- Bring coconut milk and water just to a boil, then reduce heat to a low simmer.
- Add curry and ginger.
- Whisk until both are well-incorporated.
- Add carrots and spices (except basil leaves). Cover and simmer until carrots are almost soft, but take care not to overcook them. Nobody likes a mushy carrot.
- Add tofu. Cover and simmer a few more minutes.
- Add all remaining ingredients (except garnishes). Cover and simmer for just a few more minutes, until beans turn bright green but are still crisp.
- Garnish with bell pepper strips and freshly ground black pepper.
- Optional addition: If you really like the coconut flavor and want to take it over the top, add a couple of tablespoons of coconut oil when you put in your tofu. It's amazing!

Nutrition Facts



Properties

Glycemic Index:42.81, Glycemic Load:1.2, Inflammation Score:-10, Nutrition Score:11.541304347826%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 217.75kcal (10.89%), Fat: 15.41g (23.7%), Saturated Fat: 5.85g (36.58%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 8.16g (2.97%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 389.99mg (16.96%), Protein: 8.5g (17%), Vitamin A: 4333.42IU (86.67%), Vitamin C: 41.71mg (50.56%), Vitamin K: 19.2µg (18.28%), Calcium: 130.81mg (13.08%), Fiber: 3.27g (13.08%), Iron: 2.11mg (11.7%), Vitamin E: 1.43mg (9.55%), Manganese: 0.19mg (9.28%), Vitamin B6: 0.18mg (8.95%), Folate: 27.43µg (6.86%), Potassium: 218.98mg (6.26%), Vitamin B2: 0.08mg (4.91%), Magnesium: 18.84mg (4.71%), Vitamin B1: 0.07mg (4.48%), Vitamin B3: 0.83mg (4.17%), Phosphorus: 37.56mg (3.76%), Copper: 0.06mg (3.19%), Vitamin B5: 0.3mg (3.03%), Zinc: 0.29mg (1.93%)