



WHATSheATE



Thai Coconut Shrimp Soup



Gluten Free



Dairy Free



Low Fod Map

READY IN



14 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper refrigerated
- ☐ 2.5 cups fat-skimmed beef broth fat-free
- ☐ 1 tablespoon fish sauce
- ☐ 13.5 ounce lite coconut milk light canned
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon penzey's southwest seasoning salt-free (such as Frontier)
- ☐ 1 pound shrimp deveined peeled

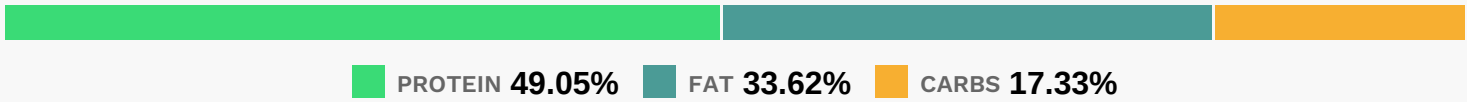
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sprinkle shrimp with Thai seasoning; toss well.
- ☐ Heat a Dutch oven over medium–high heat; coat pan and shrimp with cooking spray.
- ☐ Add shrimp to pan; saut 2 minutes or until shrimp are almost done.
- ☐ Remove shrimp from pan; set aside. Coat pan with cooking spray; add bell pepper, and saut 2 minutes.
- ☐ Add chicken broth and fish sauce to bell pepper in pan; bring to a boil. Reduce heat; simmer 5 minutes. Stir in coconut milk and reserved shrimp. Cook 2 minutes or until thoroughly heated.
- ☐ Remove from heat; stir in lime juice. Stir in cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.52, Inflammation Score:-7, Nutrition Score:13.330434830292%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 203.79kcal (10.19%), Fat: 7.46g (11.48%), Saturated Fat: 6.57g (41.04%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 6.29g (2.29%), Sugar: 2.16g (2.4%), Cholesterol: 182.57mg (60.86%), Sodium: 1150.68mg (50.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.5g (49.01%), Vitamin C: 48.91mg (59.29%), Phosphorus: 274.27mg (27.43%), Copper: 0.5mg (25.17%), Vitamin A: 1231.59IU (24.63%), Vitamin K: 24.83µg (23.65%), Magnesium: 63.73mg (15.93%), Manganese: 0.29mg (14.52%), Calcium: 142.35mg (14.24%), Potassium: 484.46mg (13.84%), Iron: 2.35mg (13.04%), Zinc: 1.75mg (11.68%), Fiber: 2.37g (9.47%), Vitamin B6: 0.19mg (9.3%), Vitamin E: 1.27mg (8.48%), Folate: 29.98µg (7.5%), Vitamin B3: 1.44mg (7.19%), Selenium: 3.74µg (5.34%), Vitamin B12: 0.31µg (5.09%), Vitamin B2: 0.08mg (4.95%), Vitamin B5: 0.33mg (3.32%), Vitamin B1: 0.04mg (2.54%)