



## Thai Coconut Soup

 **Gluten Free**  **Dairy Free**

READY IN



**30 min.**

SERVINGS



**10**

CALORIES



**140 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 8 ounce baby bella mushrooms sliced
- 15 ounce coconut milk canned
- 4 cups chicken broth
- 1 tablespoon fish sauce
- 2 tablespoons cilantro leaves fresh
- 2 inch ginger fresh peeled sliced
- 1 jalapeño chiles sliced
- 2 tablespoons juice of lime fresh

12 ounce shrimp deveined cubed peeled

## Equipment

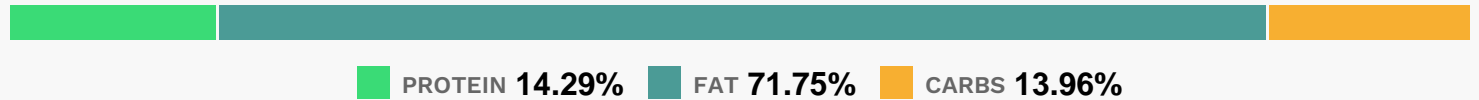
sauce pan

## Directions

Combine first 5 ingredients and, if desired, lemon grass and kaffir lime leaves in a large saucepan over medium-high heat. Bring to a boil; reduce heat, and simmer 10 minutes. Stir in lime juice.

Add shrimp, and simmer 10 more minutes. Discard ginger and lemon grass. Stir in sliced mushrooms and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:9.4, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:5.7252173164616%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 139.94kcal (7%), Fat: 11.86g (18.24%), Saturated Fat: 9.16g (57.27%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 3.76g (1.37%), Sugar: 2.52g (2.79%), Cholesterol: 1.88mg (0.63%), Sodium: 499.46mg (21.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.63%), Manganese: 0.47mg (23.73%), Selenium: 9.09µg (12.99%), Copper: 0.25mg (12.32%), Vitamin B2: 0.17mg (9.98%), Phosphorus: 74.92mg (7.49%), Vitamin B3: 1.47mg (7.33%), Iron: 1.29mg (7.18%), Potassium: 248.76mg (7.11%), Calcium: 58.81mg (5.88%), Magnesium: 22.94mg (5.73%), Fiber: 1.43g (5.7%), Vitamin C: 3.85mg (4.67%), Vitamin B5: 0.44mg (4.4%), Zinc: 0.61mg (4.09%), Vitamin B1: 0.05mg (3.62%), Folate: 14.27µg (3.57%), Vitamin B6: 0.06mg (2.77%), Vitamin E: 0.17mg (1.11%)