



Thai Coconut Soup with Tofu and Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups coconut milk canned
- 12 ounces extra tofu firm cut into small cubes (not silken tofu)
- 2 tsp ginger minced
- 2 tsp lemon grass dried
- 2 tablespoons soy sauce light
- 4 servings juice of lime fresh to taste
- 4 servings lime zest grated for garnish
- 2 tsp lime zest grated

- 1 bell pepper red sliced into matchstick-sized strips (reserve some for garnish)
- 4 servings salt to taste
- 15 ounces mushrooms drained and rinsed canned sliced (or 2 cups button mushrooms)
- 2 tsp sugar
- 0.5 teaspoons curry paste red
- 3 cups vegetable stock

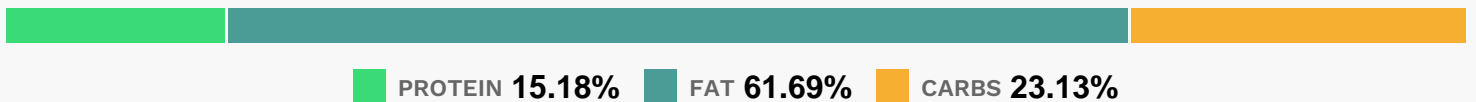
Equipment

- sauce pan

Directions

- Combine lime zest, lemongrass, ginger, and coconut milk with stock in a large saucepan and bring to a boil. Reduce heat to medium-low and simmer for 5–10 minutes.
- Add the curry paste a half-teaspoon at a time, stirring well to combine and tasting as you go to make sure you don't make it too spicy. Stir in the tofu, mushrooms, sugar, soy sauce, and salt, to taste. Simmer for about 10 more minutes.
- Add lime juice (I used the juice of half a lime) and serve over rice, garnished with red pepper strips and grated lime peel, with extra lime on the side.

Nutrition Facts



Properties

Glycemic Index:68.27, Glycemic Load:3.76, Inflammation Score:-8, Nutrition Score:19.653478288132%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 3.55mg, Hesperetin: 3.55mg, Hesperetin: 3.55mg, Hesperetin: 3.55mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 317.31kcal (15.87%), Fat: 23.58g (36.28%), Saturated Fat: 19.34g (120.89%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 15.85g (5.76%), Sugar: 11.55g (12.84%), Cholesterol: 0mg (0%), Sodium: 1475.95mg (64.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.11%), Vitamin C: 52.53mg (63.67%), Manganese: 0.99mg (49.36%), Copper: 0.78mg (38.9%), Vitamin B2: 0.5mg (29.5%), Phosphorus: 291.32mg (29.13%), Vitamin A: 1421.35IU (28.43%), Vitamin B3: 5.43mg (27.14%), Potassium: 832.58mg (23.79%), Selenium: 15.63µg (22.33%), Vitamin B5: 1.93mg (19.28%), Iron: 3.47mg (19.26%), Magnesium: 76.26mg (19.06%), Fiber: 4.04g (16.18%), Vitamin B1: 0.21mg (13.78%), Vitamin B6: 0.27mg (13.42%), Folate: 51.42µg (12.86%), Zinc: 1.82mg (12.14%), Calcium: 54.2mg (5.42%), Vitamin E: 0.69mg (4.59%), Vitamin K: 1.74µg (1.66%), Vitamin D: 0.21µg (1.42%)