



## Thai Hot and Sour Soup with Shrimp

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

READY IN



45 min.

SERVINGS



4

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 habanero chile pepper minced
- 6 cups less-sodium chicken broth fat-free
- 2 teaspoons fish sauce
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 cup green onions thinly sliced
- 4 kaffir lime leaves
- 4 inch lemongrass stalk crushed halved
- 1 cup coconut milk light

- 0.3 cup juice of lime fresh
- 2 ounces mushroom caps thinly sliced
- 0.5 pound shrimp deveined peeled
- 1 medium tomatoes cut into wedges

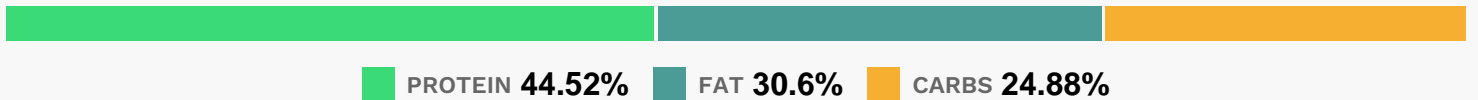
## Equipment

- frying pan
- sauce pan

## Directions

- Combine chicken broth, kaffir lime leaves, lemongrass, and habanero in a large saucepan; bring to a boil. Cook 5 minutes.
- Add mushrooms and shrimp to pan; cook 3 minutes or until shrimp are done.
- Add juice, fish sauce, tomato, and onions to pan; cook 2 minutes.
- Remove from heat; stir in coconut milk and cilantro. Discard lemongrass stalk and lime leaves.

## Nutrition Facts



## Properties

Glycemic Index:44.75, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:10.197391199029%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

## Nutrients (% of daily need)

Calories: 128.51kcal (6.43%), Fat: 4.4g (6.77%), Saturated Fat: 3.41g (21.3%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 6.91g (2.51%), Sugar: 2.38g (2.65%), Cholesterol: 91.29mg (30.43%), Sodium: 1742.9mg (75.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.4g (28.8%), Vitamin K: 29.19µg (27.8%), Manganese: 0.42mg (20.9%), Phosphorus: 194.68mg (19.47%), Copper: 0.36mg (17.8%), Vitamin C: 13.1mg (15.87%), Vitamin B3: 2.86mg

(14.31%), Potassium: 469.86mg (13.42%), Selenium: 8.71µg (12.44%), Vitamin B12: 0.7µg (11.59%), Magnesium: 41.77mg (10.44%), Iron: 1.56mg (8.66%), Vitamin A: 414.39IU (8.29%), Zinc: 1.21mg (8.06%), Vitamin B2: 0.13mg (7.66%), Vitamin B6: 0.15mg (7.48%), Calcium: 69.23mg (6.92%), Vitamin B5: 0.69mg (6.86%), Folate: 25.06µg (6.27%), Fiber: 1.13g (4.53%), Vitamin B1: 0.05mg (3.51%), Vitamin E: 0.28mg (1.88%)