



Thai Red Curry Soup



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



748 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.8 cups coconut milk canned
- ☐ 1 carrots julienned
- ☐ 4 servings asian chili oil to taste
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 cup coconut milk beverage
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons ginger freshly grated
- ☐ 0.3 cup hemp seeds shelled (Hemp Hearts)

- ☐ 3 tablespoons juice of lime
- ☐ 0.5 bell pepper red julienned
- ☐ 8 ounces vermicelli rice noodles
- ☐ 2 teaspoons sea salt
- ☐ 1 tablespoon thai curry paste red
- ☐ 2 cups vegetable broth
- ☐ 2 tablespoons vegetable oil

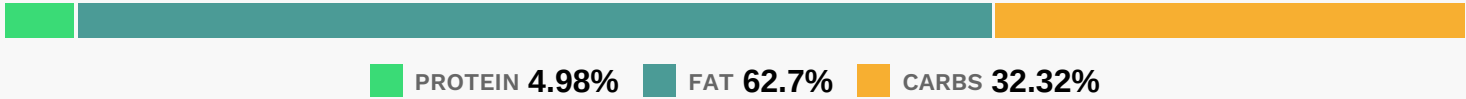
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a heavy saucepan, heat the vegetable oil over medium-low heat, and saute the garlic and chili oil, if using, for 2 to 3 minutes.
- ☐ Add the red curry paste, stirring constantly for 30 seconds.Stir in the broth, coconut milk, hemp milk, ginger, and salt and bring the mixture to a boil.Turn the heat to low, and allow it to simmer for 10 minutes.While the soup is simmering, place the noodles in a large bowl, cover them with warm water, and let them sit for 5 minutes.Meanwhile, bring a large pot of salted water to a boil.
- ☐ Drain the noodles, add them to the pot, and cook for 5 minutes.
- ☐ Drain the noodles and rinse with cold water.
- ☐ Add the lime juice to the soup, and cook for a couple minutes more.Divide the noodles and the julienned vegetables between 4 bowls and pour the soup over the noodles.
- ☐ Sprinkle each serving with the cilantro and shelled hemp seeds.

Nutrition Facts



Properties

Glycemic Index:64.71, Glycemic Load:28.36, Inflammation Score:-10, Nutrition Score:23.446521883426%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 747.92kcal (37.4%), Fat: 53.22g (81.88%), Saturated Fat: 26.7g (166.87%), Carbohydrates: 61.72g (20.57%), Net Carbohydrates: 56.87g (20.68%), Sugar: 8.07g (8.97%), Cholesterol: 0mg (0%), Sodium: 1764.37mg (76.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.03%), Vitamin D: 29.5µg (196.67%), Vitamin A: 4014.78IU (80.3%), Manganese: 1.32mg (66.04%), Phosphorus: 346.18mg (34.62%), Vitamin C: 27.45mg (33.27%), Vitamin K: 28.01µg (26.67%), Iron: 4.22mg (23.43%), Selenium: 15.35µg (21.93%), Vitamin E: 3.13mg (20.85%), Fiber: 4.85g (19.38%), Copper: 0.35mg (17.33%), Magnesium: 61.17mg (15.29%), Vitamin B12: 0.74µg (12.29%), Potassium: 404.1mg (11.55%), Zinc: 1.38mg (9.23%), Folate: 36.25µg (9.06%), Calcium: 86.45mg (8.65%), Vitamin B3: 1.57mg (7.86%), Vitamin B1: 0.12mg (7.75%), Vitamin B6: 0.13mg (6.7%), Vitamin B2: 0.06mg (3.65%), Vitamin B5: 0.34mg (3.42%)