



Thai Red Curry Tofu Soup



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



437 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 tablespoons brown sugar
- ☐ 0.5 cup button mushrooms sliced
- ☐ 14 ounce coconut milk canned
- ☐ 12 ounce extra tofu firm cubed drained
- ☐ 1 inch galangal
- ☐ 5 kaffir lime leaves
- ☐ 2 stalks lemon grass chopped
- ☐ 2 tablespoons juice of lime fresh

- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 4 ounces rice stick noodles dry
- ☐ 0.5 cup mushroom caps stemmed sliced
- ☐ 0.5 teaspoon thai curry paste red
- ☐ 0.1 teaspoon turmeric powder
- ☐ 2 cups vegetable broth

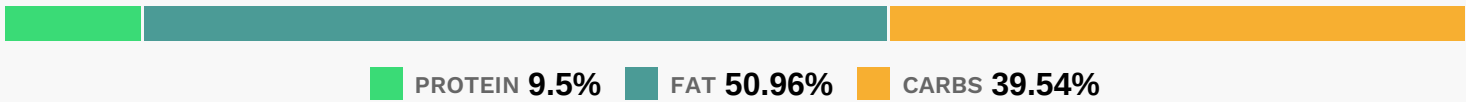
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring coconut milk, broth, galangal, lemon grass, and kaffir leaves to a simmer in a large pot over medium heat. Simmer for 15 minutes, but do not allow broth to come to a full boil.
- ☐ Strain the broth and discard the solids.
- ☐ Whisk in red curry paste, then add tofu, shiitake mushrooms, button mushrooms, lime juice, brown sugar, and turmeric to the soup. Continue simmering until mushrooms have softened, about 10 minutes.
- ☐ Meanwhile, bring a large pot of lightly salted water to a boil.
- ☐ Add rice stick noodles, and cook for 3 to 4 minutes until tender; drain.
- ☐ Place drained noodles into individual bowls, then ladle soup over the noodles.
- ☐ Garnish with crushed red pepper flakes.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:14.58, Inflammation Score:-7, Nutrition Score:13.712608728072%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 436.58kcal (21.83%), Fat: 25.7g (39.54%), Saturated Fat: 21.28g (132.99%), Carbohydrates: 44.88g (14.96%), Net Carbohydrates: 41.18g (14.97%), Sugar: 13.53g (15.03%), Cholesterol: 0mg (0%), Sodium: 600.04mg (26.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.57%), Manganese: 1.53mg (76.39%), Copper: 0.56mg (28.14%), Phosphorus: 279.45mg (27.94%), Iron: 3.77mg (20.95%), Selenium: 13.36µg (19.09%), Magnesium: 76.08mg (19.02%), Potassium: 603.91mg (17.25%), Fiber: 3.7g (14.8%), Vitamin B3: 2.68mg (13.39%), Zinc: 1.93mg (12.85%), Vitamin B2: 0.16mg (9.24%), Vitamin A: 427.04IU (8.54%), Vitamin B5: 0.82mg (8.25%), Vitamin B1: 0.12mg (8.21%), Vitamin B6: 0.16mg (7.99%), Folate: 28.98µg (7.25%), Vitamin C: 5.55mg (6.72%), Calcium: 62.23mg (6.22%), Vitamin E: 0.26mg (1.76%)