



## Thai Shrimp and Chicken Soup

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

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons bottled garlic minced
- 1.5 teaspoons bottled ginger fresh minced
- 1 cup bottled clam juice
- 3 cups fat-skimmed beef broth fat-free
- 1 tablespoon fish sauce
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons spring onion sliced ()
- 13.5 ounce lite coconut milk light canned

- 0.3 cup juice of lime fresh
- 8 ounce mushrooms
- 0.8 teaspoon curry paste red
- 0.5 pound shrimp deveined peeled
- 0.5 pound chicken breast boneless skinless cut into 1-inch pieces
- 3 ounce snow peas trimmed
- 2 tablespoons sugar

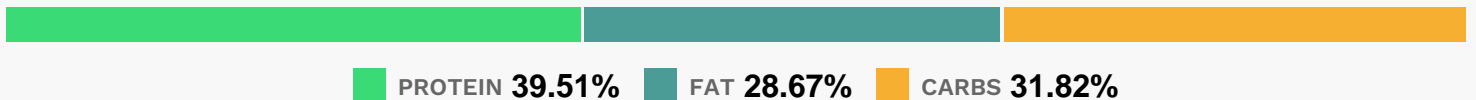
## Equipment

- whisk
- dutch oven

## Directions

- Combine the first 6 ingredients in a large Dutch oven, stirring with a whisk.
- Add mushrooms; bring to a boil. Reduce heat, and simmer 4 minutes.
- Add the shrimp, chicken, and snow peas; bring to a boil. Cover, reduce heat, and simmer 3 minutes.
- Stir in lime juice and remaining ingredients. Cook 2 minutes or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:52.77, Glycemic Load:4.92, Inflammation Score:-6, Nutrition Score:16.627391374629%

## 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: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 284.93kcal (14.25%), Fat: 8.9g (13.7%), Saturated Fat: 6.83g (42.66%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 20.61g (7.5%), Sugar: 10.79g (11.99%), Cholesterol: 127.57mg (42.52%), Sodium: 1481.96mg (64.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.23%), Vitamin B3: 9.35mg (46.75%), Selenium: 28.4µg (40.57%), Phosphorus: 333.77mg (33.38%), Vitamin B6: 0.64mg (31.86%), Vitamin C: 23.72mg (28.75%), Copper: 0.5mg (25.25%), Potassium: 743.92mg (21.25%), Vitamin B5: 2.12mg (21.16%), Vitamin B2: 0.36mg (20.97%), Magnesium: 60.62mg (15.16%), Vitamin K: 12.39µg (11.8%), Vitamin A: 535.65IU (10.71%), Zinc: 1.59mg (10.61%), Manganese: 0.21mg (10.43%), Vitamin B1: 0.15mg (10%), Iron: 1.74mg (9.64%), Vitamin B12: 0.52µg (8.6%), Folate: 33.4µg (8.35%), Calcium: 74.05mg (7.41%), Fiber: 1.63g (6.5%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.17µg (1.13%)