



## Thai Shrimp Noodle Soup

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 carrots thinly sliced
- 1 teaspoon basil fresh chopped
- 2 cloves garlic finely minced
- 2 tablespoons very thinly slivered ginger fresh peeled
- 3 green onions minced
- 1 juice of lime grated
- 1 cup mushrooms sliced
- 4 packages chicken-flavor ramen noodles

- 8 ounces shrimp deveined peeled
- 2 tablespoons soya sauce
- 2 cups pkt spinach fresh coarsely chopped
- 1 tablespoon thai chili sauce hot
- 8 cups water

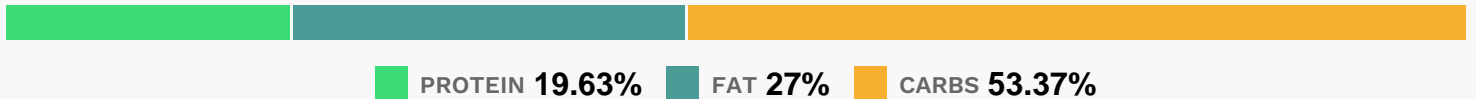
## Equipment

- pot

## Directions

- Bring water to a boil in a soup pot.
- Add green onions, carrots, fish sauce, chili sauce, garlic, ginger, and basil to pot.
- Add 2 ramen noodle seasoning packets (if you add all 4 packets, the soup will probably be too salty). Boil 5 minutes.
- Add shrimp, spinach, mushrooms, and ramen noodles. Cook 5 more minutes.
- Add lime juice and zest. Stir well and serve.

## Nutrition Facts



## Properties

Glycemic Index:50.81, Glycemic Load:17.32, Inflammation Score:-10, Nutrition Score:18.578260907012%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Nutrients (% of daily need)

Calories: 304.28kcal (15.21%), Fat: 9.24g (14.21%), Saturated Fat: 4.35g (27.18%), Carbohydrates: 41.09g (13.7%), Net Carbohydrates: 38.53g (14.01%), Sugar: 3.04g (3.37%), Cholesterol: 60.86mg (20.29%), Sodium: 1743.25mg

(75.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.11g (30.22%), Vitamin A: 4422.4IU (88.45%), Vitamin K: 66.88µg (63.7%), Vitamin B1: 0.63mg (41.83%), Folate: 97.94µg (24.48%), Manganese: 0.47mg (23.53%), Copper: 0.39mg (19.54%), Phosphorus: 181.07mg (18.11%), Iron: 3.07mg (17.07%), Vitamin B3: 3.41mg (17.03%), Vitamin B2: 0.25mg (14.97%), Magnesium: 54.86mg (13.72%), Potassium: 435.65mg (12.45%), Selenium: 8.05µg (11.5%), Fiber: 2.56g (10.23%), Vitamin C: 8.01mg (9.7%), Vitamin E: 1.29mg (8.62%), Zinc: 1.27mg (8.45%), Vitamin B6: 0.16mg (8.15%), Calcium: 77.49mg (7.75%), Vitamin B5: 0.49mg (4.86%), Vitamin B12: 0.18µg (2.95%)