



## Thai Tomato Soup



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



409 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 13 oz coconut milk canned (not cream of coconut)
- ☐ 1.5 teaspoons curry paste green
- ☐ 19 oz all natural tomato soup hearty canned
- ☐ 1 cup brown rice warmed cooked
- ☐ 0.3 cup basil fresh thinly sliced chopped
- ☐ 0.3 cup almonds sliced
- ☐ 0.3 cup coconut or shredded toasted

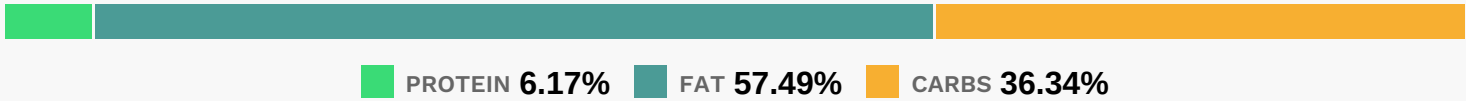
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

## Directions

- ☐ In medium saucepan, heat coconut milk and curry paste, stirring occasionally, until milk is warm and curry paste is dissolved. Stir in tomato soup. Cook until steaming, but don't allow mixture to boil.
- ☐ Ladle soup into bowls; top each with a scoop of brown rice.
- ☐ Sprinkle with basil, almonds and toasted coconut.

## Nutrition Facts



## Properties

Glycemic Index:44.67, Glycemic Load:12.56, Inflammation Score:-7, Nutrition Score:16.21913059898%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 408.88kcal (20.44%), Fat: 27.62g (42.49%), Saturated Fat: 21.44g (133.99%), Carbohydrates: 39.27g (13.09%), Net Carbohydrates: 33.62g (12.23%), Sugar: 14.86g (16.51%), Cholesterol: 0mg (0%), Sodium: 523.13mg (22.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Manganese: 1.79mg (89.41%), Potassium: 1101.99mg (31.49%), Vitamin C: 20.54mg (24.9%), Magnesium: 92.48mg (23.12%), Fiber: 5.65g (22.59%), Copper: 0.44mg (21.93%), Phosphorus: 205.57mg (20.56%), Vitamin A: 902.36IU (18.05%), Iron: 2.99mg (16.64%), Selenium: 10.5µg (15%), Vitamin E: 2.09mg (13.95%), Vitamin B3: 2.75mg (13.76%), Vitamin B6: 0.23mg (11.59%), Vitamin K: 10.64µg (10.13%), Vitamin B1: 0.15mg (9.72%), Zinc: 1.41mg (9.39%), Calcium: 58.57mg (5.86%), Vitamin B2: 0.09mg (5.51%), Folate: 21.54µg (5.39%), Vitamin B5: 0.4mg (4.05%)