



Tom Kha Udon Soup with Mushrooms



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



986 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 thai chile sliced
- ☐ 1.5 cups coconut milk
- ☐ 8 ounces mushrooms fresh cut into bite-sized pieces (see note above)
- ☐ 0.3 cup galangal fresh paper thin
- ☐ 0.3 cup lime
- ☐ 3 kaffir lime leaves fresh
- ☐ 4 servings kosher salt
- ☐ 2 stalks lemon grass cut into 1-inch pieces and bruised

- ☐ 32 ounce udon noodles fresh
- ☐ 2.5 cups vegetable stock homemade store-bought

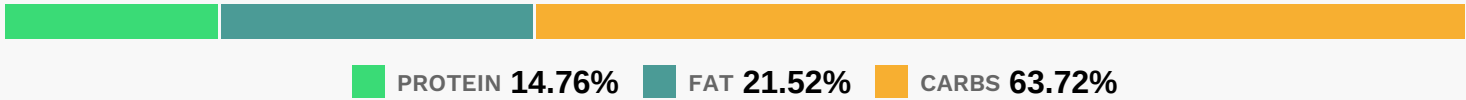
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Prepare udon noodles according to package instructions; drain and set aside.
- ☐ Place coconut milk, vegetable broth, lemongrass, kaffir lime leaves, and galangal in a 2-quart saucepan set over medium heat. Bring mixture to a very gentle boil; reduce heat so the liquid barely simmer. Allow the broth to infuse for 2 minutes.
- ☐ Add mushrooms to the broth; adjust heat so mixture comes back to a gentle boil.
- ☐ Add prepared noodles to the pot; heat through.
- ☐ Remove pot from heat.
- ☐ Add sliced chilies while the soup is still hot. Season to taste with salt and 1/4 cup of lime juice. Adjust seasoning with more salt and lime juice as required, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:65.83, Glycemic Load:84.07, Inflammation Score:-4, Nutrition Score:12.050869556225%

Flavonoids

Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 986.22kcal (49.31%), Fat: 24.45g (37.62%), Saturated Fat: 16.07g (100.43%), Carbohydrates: 162.86g (54.29%), Net Carbohydrates: 149.61g (54.4%), Sugar: 23.23g (25.81%), Cholesterol: 0mg (0%), Sodium: 3517.42mg (152.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.72g (75.43%), Manganese: 1.08mg (53.78%), Fiber: 13.24g (52.97%), Iron: 3.76mg (20.88%), Copper: 0.4mg (19.86%), Vitamin B2: 0.24mg (14.19%), Phosphorus: 139.81mg (13.98%), Vitamin B3: 2.7mg (13.51%), Potassium: 434.79mg (12.42%), Magnesium: 49.52mg (12.38%), Vitamin C: 9.44mg (11.44%), Vitamin B5: 1mg (9.97%), Selenium: 5.36µg (7.66%), Folate: 28.13µg (7.03%), Vitamin A: 342.82IU (6.86%), Zinc: 0.95mg (6.34%), Vitamin B1: 0.07mg (4.88%), Vitamin B6: 0.1mg (4.88%), Calcium: 24.34mg (2.43%)