



Tom Yum Goong (Spicy Thai Shrimp Soup)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons roasted chili paste red (such as Thai Kitchen)
- ☐ 6 tablespoons dry-roasted peanuts unsalted chopped
- ☐ 1 tablespoon fish sauce
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 ounces galangal fresh peeled chopped
- ☐ 0.5 cup green onions chopped
- ☐ 6 kaffir lime leaves fresh
- ☐ 0.5 cup pieces lemongrass fresh peeled (2-inch) (4 stalks)

- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 lime wedges
- ☐ 1.5 pounds shrimp
- ☐ 0.5 cup straw mushrooms canned quartered
- ☐ 2 thai chiles
- ☐ 9.5 cups water divided

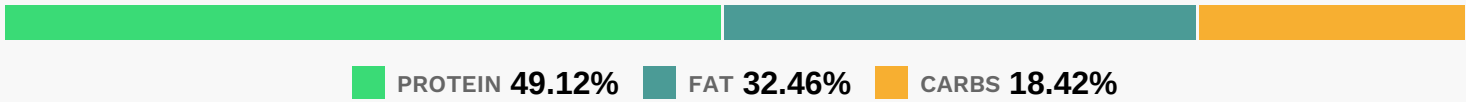
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Peel and devein shrimp, reserving shells.
- ☐ Combine shrimp shells and 6 cups water in a Dutch oven; bring to a simmer. Cook 1 hour. Strain broth through a sieve into a bowl; discard solids.
- ☐ Combine broth and remaining 3 1/2 cups water in a large saucepan; bring to a boil.
- ☐ Add galangal, lemongrass, and kaffir lime leaves to pan; simmer 10 minutes. Strain broth mixture through a sieve into a bowl; discard solids. Return broth mixture to pan.
- ☐ Add mushrooms, chili paste, fish sauce, and chiles; bring to a boil. Stir in shrimp, green onions, and cilantro; cook 3 minutes or until shrimp are done. Discard chiles. Stir in fresh lime juice. Ladle 2 cups soup into each of 4 bowls; sprinkle evenly with peanuts.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:17.175652021947%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 321.02kcal (16.05%), Fat: 12.19g (18.76%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 15.57g (5.19%), Net Carbohydrates: 12.17g (4.43%), Sugar: 2.72g (3.02%), Cholesterol: 273.86mg (91.29%), Sodium: 678.01mg (29.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.51g (83.03%), Manganese: 1.02mg (51.13%), Phosphorus: 481.37mg (48.14%), Copper: 0.95mg (47.26%), Magnesium: 124.86mg (31.22%), Vitamin K: 32.52µg (30.97%), Zinc: 3.4mg (22.65%), Potassium: 783.3mg (22.38%), Vitamin B3: 3.71mg (18.56%), Vitamin C: 14.41mg (17.47%), Calcium: 166.91mg (16.69%), Iron: 2.69mg (14.96%), Fiber: 3.39g (13.58%), Folate: 50.94µg (12.73%), Selenium: 6.25µg (8.93%), Vitamin E: 1.29mg (8.6%), Vitamin B6: 0.17mg (8.39%), Vitamin A: 305.11IU (6.1%), Vitamin B2: 0.1mg (5.76%), Vitamin B5: 0.48mg (4.78%), Vitamin B1: 0.07mg (4.38%)