



Tom Yum Koong Soup



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



47 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4.5 ounce mushrooms drained canned
- ☐ 4 chile padi (bird's eye chiles)
- ☐ 1 teaspoon chile paste hot
- ☐ 1.5 tablespoons fish sauce
- ☐ 4 slices galangal
- ☐ 1 juice of lime juiced
- ☐ 4 kaffir lime leaves
- ☐ 2 lemon grass

- ☐ 0.5 pound shrimp deveined peeled
- ☐ 4 cups water
- ☐ 1 teaspoon sugar white

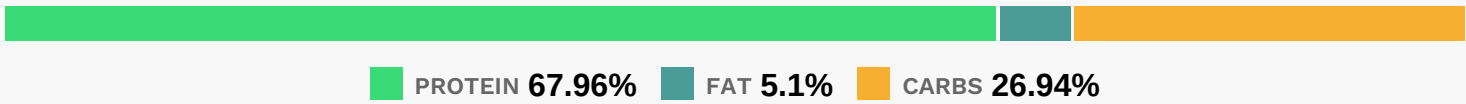
Equipment

- ☐ pot

Directions

- ☐ Trim lemongrass and cut into matchstick size pieces.
- ☐ Add the shrimp heads and shells to water, then cook for 20 minutes. Turn the fire off. Soak the heads and shells for further 20 minutes before discarding.
- ☐ Trim lemongrass and cut into matchstick size pieces.
- ☐ Add stock, lemon grass, kaffir lime leaves, galangal, chili padi, fish sauce, lime juice, sugar, and chili paste to a pot and bring to a boil. After boiling for 5 minutes, add shrimps and both mushrooms. Cook for further 10 minutes.
- ☐ Garnish with coriander leaves.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:3.3069564816744%

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 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 46.8kcal (2.34%), Fat: 0.28g (0.43%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 2.74g (1%), Sugar: 1.59g (1.76%), Cholesterol: 60.86mg (20.29%), Sodium: 496.99mg (21.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.69%), Copper: 0.24mg (11.78%), Phosphorus: 98.98mg

(9.9%), Vitamin C: 6.55mg (7.94%), Magnesium: 27.87mg (6.97%), Manganese: 0.13mg (6.7%), Zinc: 0.73mg (4.89%), Potassium: 167.98mg (4.8%), Calcium: 35.51mg (3.55%), Iron: 0.57mg (3.17%), Vitamin B3: 0.5mg (2.5%), Fiber: 0.56g (2.26%), Vitamin B6: 0.04mg (2.05%), Selenium: 1.32µg (1.89%), Vitamin B5: 0.19mg (1.86%), Folate: 7.14µg (1.78%), Vitamin B1: 0.02mg (1.57%)