



Tom Yum Koong Soup



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



52 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4.5 ounce mushrooms drained canned
- ☐ 1 tablespoon tom yum soup paste
- ☐ 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

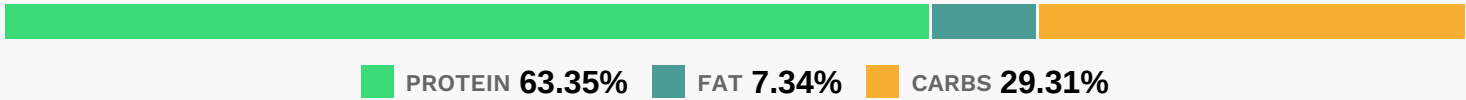
Equipment

- ☐ 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:21.85, Glycemic Load:0.81, Inflammation Score:-1, Nutrition Score:3.6030434894821%

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: 52.41kcal (2.62%), Fat: 0.45g (0.69%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 3.31g (1.2%), Sugar: 1.76g (1.96%), Cholesterol: 60.86mg (20.29%), Sodium: 602.68mg (26.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.41%), Copper: 0.25mg (12.38%), Phosphorus: 103.48mg (10.35%), Vitamin C: 6.55mg (7.94%), Manganese: 0.16mg (7.92%), Magnesium: 29.23mg (7.31%), Zinc: 0.81mg (5.37%), Potassium: 173.93mg (4.97%), Calcium: 37.13mg (3.71%), Iron: 0.64mg (3.57%), Fiber: 0.72g (2.87%), Vitamin B3: 0.53mg (2.63%), Vitamin B6: 0.05mg (2.33%), Selenium: 1.52µg (2.17%), Vitamin B5: 0.2mg (1.95%), Folate: 7.68µg (1.92%), Vitamin B1: 0.03mg (1.75%), Vitamin B2: 0.02mg (1.13%), Vitamin K: 1.16µg (1.1%)