



Tomato and Crab Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups beefsteak tomatoes chopped
- ☐ 0.5 cup coconut milk
- ☐ 1 tablespoon fish sauce (such as nam pla or nuoc nam)
- ☐ 6 servings kosher salt
- ☐ 1.5 stalks lemon grass trimmed peeled thinly sliced
- ☐ 1 tablespoon juice of lime fresh ()
- ☐ 0.5 pound lump crab meat fresh
- ☐ 2 tablespoons olive oil

- ☐ 3 tablespoons orange juice fresh
- ☐ 5 spring onion thinly sliced
- ☐ 6 snow peas trimmed thinly sliced
- ☐ 1 thai chile minced seeded
- ☐ 2.3 cups vegetable stock

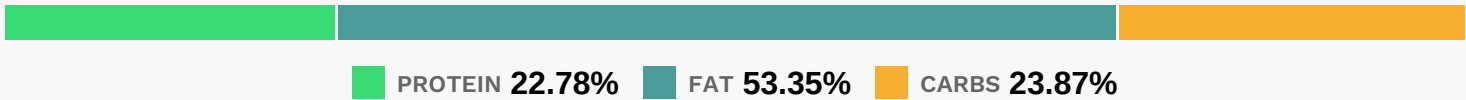
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add scallions, lemongrass, and chile and cook until softened, 3–4 minutes.
- ☐ Add tomatoes and cook until softened, 5–6 minutes. Stir in chicken stock, coconut milk, orange juice, and fish sauce. Bring to a boil, reduce heat, and simmer, stirring occasionally, until flavors meld, about 15 minutes.
- ☐ Let cool slightly.
- ☐ Working in batches, purée soup in a blender until smooth, about 1 minute per batch. Stir in 1 tablespoon lime juice. Season to taste with salt and more lime juice, if desired. Chill, if desired. Or ladle hot soup into wide shallow bowls.
- ☐ Garnish with crab meat, pea tendrils, and snow peas.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:2.83, Inflammation Score:-8, Nutrition Score:15.179565274197%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 148.84kcal (7.44%), Fat: 9.21g (14.16%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 7.53g (2.74%), Sugar: 5.02g (5.58%), Cholesterol: 15.88mg (5.29%), Sodium: 1108.28mg (48.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.69%), Vitamin B12: 3.42µg (56.94%), Vitamin C: 27.85mg (33.75%), Vitamin K: 33.2µg (31.62%), Vitamin A: 1317.47IU (26.35%), Manganese: 0.52mg (25.87%), Copper: 0.49mg (24.32%), Selenium: 14.14µg (20.2%), Zinc: 2.7mg (17.97%), Phosphorus: 139.5mg (13.95%), Potassium: 485.96mg (13.88%), Magnesium: 51.2mg (12.8%), Folate: 51.09µg (12.77%), Iron: 1.72mg (9.53%), Vitamin B6: 0.18mg (9.25%), Vitamin E: 1.38mg (9.21%), Vitamin B3: 1.45mg (7.25%), Fiber: 1.74g (6.96%), Vitamin B1: 0.08mg (5.51%), Calcium: 45.51mg (4.55%), Vitamin B2: 0.06mg (3.39%), Vitamin B5: 0.31mg (3.06%)