



Tomato and Crab Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



174 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups beefsteak tomatoes chopped
- ☐ 0.5 cup coconut milk
- ☐ 0.8 cup pea tendrils trimmed
- ☐ 1 tablespoon fish sauce (such as nam pla or nuoc nam)
- ☐ 6 servings kosher salt
- ☐ 1.5 stalks lemongrass 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 scallions thinly sliced
- ☐ 6 snow peas trimmed thinly sliced
- ☐ 1 thai chile minced seeded
- ☐ 2.3 cups vegetable stock

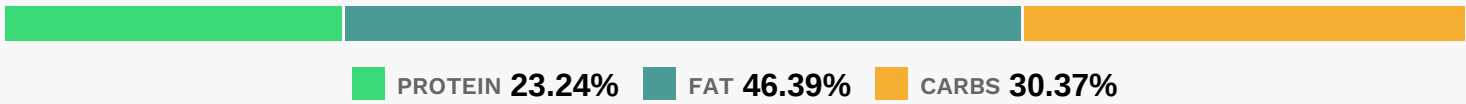
Equipment

- ☐ 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:50.83, Glycemic Load:4.09, Inflammation Score:-8, Nutrition Score:17.171739008116%

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: 173.78kcal (8.69%), Fat: 9.32g (14.34%), Saturated Fat: 4.31g (26.96%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 10.59g (3.85%), Sugar: 5.73g (6.37%), Cholesterol: 15.88mg (5.29%), Sodium: 1109.14mg (48.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.51g (21.02%), Vitamin B12: 3.42µg (56.94%), Vitamin C: 27.93mg (33.86%), Vitamin K: 33.57µg (31.97%), Manganese: 0.62mg (30.98%), Copper: 0.54mg (27.2%), Vitamin A: 1320.69IU (26.41%), Folate: 95.81µg (23.95%), Selenium: 14.68µg (20.97%), Zinc: 2.97mg (19.82%), Phosphorus: 173.04mg (17.3%), Magnesium: 62.6mg (15.65%), Potassium: 545.73mg (15.59%), Fiber: 3.14g (12.55%), Iron: 2.26mg (12.53%), Vitamin B6: 0.21mg (10.32%), Vitamin E: 1.44mg (9.61%), Vitamin B1: 0.13mg (8.41%), Vitamin B3: 1.56mg (7.78%), Calcium: 50.67mg (5.07%), Vitamin B2: 0.07mg (4.09%), Vitamin B5: 0.39mg (3.95%)