



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Thai Coconut Curry Soup <sup>♦♦</sup>

Thai Coconut Curry Soup is a delicious and aromatic soup made with coconut milk, curry paste, and various vegetables and proteins. It is a popular dish in Thai cuisine and is known for its rich and creamy texture. The soup is typically served with rice or noodles and is a perfect comfort food for cold days.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

<b>400 ml</b>	coconut milk
<b>2 tbsp</b>	red curry paste
<b>500 ml</b>	Vegetable Broth
<b>200 g</b>	Carrots
<b>200 g</b>	Bell peppers

150 g	Mushrooms
200 g	tofu
2 tbsp	Lime juice
1 tbsp	fish sauce
1 tbsp	brown sugar
1 tsp	salt
20 g	Cilantro
20 g	spring onions
10 g	Red Chili

## Directions

### Step 1

Stove

In a large pot, heat the coconut milk over medium heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

Stove

Add the red curry paste to the pot and stir until well combined.

**Prep Time:** 2 mins

**Cook Time:** 1 mins

---

### Step 3

Stove

Pour in the vegetable broth and bring to a boil.

**Prep Time:** 2 mins

**Cook Time:** 10 mins

---

### Step 4

Stove

Add the carrots, bell peppers, mushrooms, and tofu to the pot.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

---

### Step 5

Stove

Simmer for 10 minutes or until the vegetables are tender.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

---

### Step 6

Stove

Stir in the lime juice, fish sauce, brown sugar, and salt.

**Prep Time:** 2 mins

**Cook Time:** 1 mins

## Step 7

Garnish with cilantro, spring onions, and red chili.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 20 g

**Protein:** 15 g

**Carbohydrates:** 25 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	100 mg	10%	10%
Iron	4 mg	50%	22.22%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

**Seasonality**

Fall

**Kitchen Tools**

Slow Cooker

Blender

### Cuisines

Italian

Thai

Middle Eastern

### Course

Snacks

Sauces & Dressings

Soups

Side Dishes

Drinks

Breads

Salads

### Nutritional Content

High Protein

Low Fat

Low Carb

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)