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## Thai Coconut Soup with Tofu and Mushrooms ••

Thai Coconut Soup is a popular Thai dish known for its rich and creamy flavor. It is made with a combination of coconut milk, tofu, mushrooms, and various Thai spices. This soup is vegan and perfect for those who enjoy Thai cuisine.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 ml</b>	coconut milk
<b>200 g</b>	tofu
<b>150 g</b>	Mushrooms
<b>2 stalk</b>	Lemongrass

<b>3 slice</b>	galangal
<b>4 leaves</b>	kaffir lime leaves
<b>2 piece</b>	thai chili
<b>2 tbsp</b>	mushroom soy sauce
<b>2 tbsp</b>	Lime juice
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Sugar
<b>300 ml</b>	vegetable broth
<b>20 g</b>	Cilantro

## Directions

### Step 1

Stove

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

**Prep Time:** 5 mins

**Cook Time:** 5 mins

### Step 2

Stove

Add the lemongrass, galangal, kaffir lime leaves, and Thai chili to the pot. Simmer for 10 minutes.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

Stove

Add the tofu, mushrooms, mushroom soy sauce, lime juice, salt, and sugar to the pot. Stir and cook for another 10 minutes.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 4

Stove

Add the vegetable broth to the pot. Bring to a boil and simmer for 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 5

Garnish with cilantro and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 15 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	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
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	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Summer Fall

### Cuisines

Thai American

### Course

Salads Snacks Sauces & Dressings

### Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest  
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter  
Halloween

### Cost

Under \$10

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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