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## Spicy Shrimp Soup ♦♦

Spicy shrimp soup is a delicious and flavorful dish that is perfect for seafood lovers. It is made with fresh shrimp, vegetables, and a spicy broth. This soup is commonly consumed as a main course and is often served with rice or crusty bread.

**Recipe Type:** Standard

**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

|             |                 |
|-------------|-----------------|
| 400 g       | Shrimp          |
| 100 g       | onion           |
| 3<br>cloves | garlic          |
| 10 g        | Ginger          |
| 100 g       | Red Bell Pepper |

|        |                  |
|--------|------------------|
| 100 g  | carrot           |
| 200 g  | Tomato           |
| 2 tbsp | fish sauce       |
| 2 tbsp | soy sauce        |
| 2 tbsp | lime juice       |
| 500 ml | chicken broth    |
| 1 tsp  | red chili flakes |
| 1 tsp  | salt             |
| 1 tsp  | black pepper     |

## Directions

### Step 1

#### Preparation

Peel and devein the shrimp.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Cutting

Chop the onion, garlic, ginger, red bell pepper, carrot, and tomato.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

Sautéing

Heat oil in a pot and sauté the onion, garlic, and ginger until fragrant.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 4

Sautéing

Add the red bell pepper and carrot, and cook for another 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 5

Boiling

Add the tomato, fish sauce, soy sauce, lime juice, chicken broth, red chili flakes, salt, and black pepper. Bring to a boil.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 6

### Cooking

Add the shrimp and cook until they turn pink and are cooked through.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 7

### Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 2 g

**Protein:** 25 g

**Carbohydrates:** 15 g

# Nutrition Facts

## Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 25 g  | 147.06%                | 147.06%                  |

## Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 15 g  | 27.27%                 | 30%                      |
| Fibers        | 3 g   | 7.89%                  | 12%                      |
| Sugars        | 6 g   | N/A                    | N/A                      |
| Lactose       | 0 g   | N/A                    | N/A                      |

## Fats

| Nutrient            | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|--------|------------------------|--------------------------|
| Monounsaturated Fat | 1 g    | N/A                    | N/A                      |
| Saturated Fat       | 1 g    | 4.55%                  | 5.88%                    |
| Fat                 | 2 g    | 7.14%                  | 8%                       |
| Cholesterol         | 150 mg | N/A                    | N/A                      |

## Vitamins

| Nutrient    | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A   | 20 iu  | 2.22%                  | 2.86%                    |
| Vitamin C   | 70 mg  | 77.78%                 | 93.33%                   |
| Vitamin B6  | 10 mg  | 769.23%                | 769.23%                  |
| Vitamin B12 | 20 mcg | 833.33%                | 833.33%                  |
| Vitamin E   | 4 mg   | 26.67%                 | 26.67%                   |
| Vitamin D   | 0 mcg  | 0%                     | 0%                       |

## Minerals

| Nutrient  | Value   | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|---------|------------------------|--------------------------|
| Sodium    | 1000 mg | 43.48%                 | 43.48%                   |
| Calcium   | 6 mg    | 0.6%                   | 0.6%                     |
| Iron      | 15 mg   | 187.5%                 | 83.33%                   |
| Potassium | 500 mg  | 14.71%                 | 19.23%                   |
| Zinc      | 15 mg   | 136.36%                | 187.5%                   |
| Selenium  | 30 mcg  | 54.55%                 | 54.55%                   |

## Recipe Attributes

### Seasonality

Summer

Fall

## Cuisines

Italian

Chinese

Mexican

Thai

Mediterranean

Spanish

American

Middle Eastern

## Meal Type

Breakfast

Dinner

Lunch

Snack

Supper

## Course

Soups

Snacks

## Cultural

Chinese New Year

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

## Difficulty Level

Medium

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