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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 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

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

Step 4

Sautéing

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

Prep Time: 0 mins

Cook Time: 5 mins

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

Step 6



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

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

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

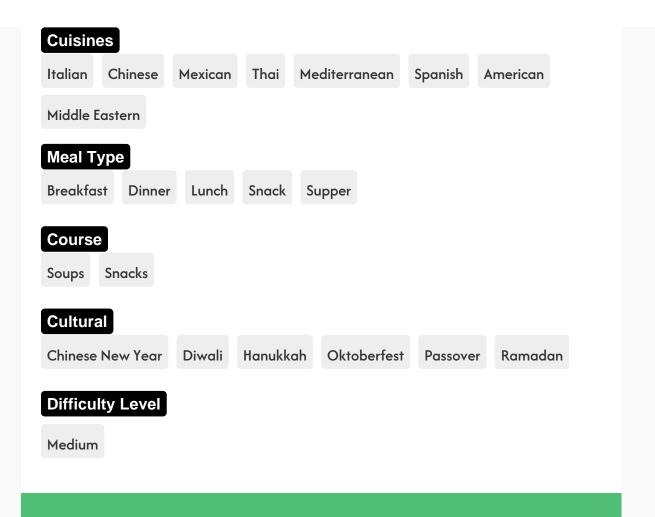
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes



Summer

Fall



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