



Asian Chicken Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons fish sauce (nam pla or nuoc mam)
- ☐ 1 pound bok choy
- ☐ 2 ribs celery cut into 1/4-inch slices
- ☐ 1.5 quarts chicken broth low-sodium homemade canned
- ☐ 2 tablespoons chili powder
- ☐ 1 tablespoon cooking oil
- ☐ 1 inch ginger fresh cut into thin slices
- ☐ 4 cloves garlic smashed

- ☐ 0.3 cup juice of lime (from 2 limes)
- ☐ 1 onion chopped
- ☐ 0.1 teaspoon pepper dried
- ☐ 1.8 teaspoons salt
- ☐ 1 tablespoon sesame oil
- ☐ 1.5 pounds chicken thighs boneless skinless
- ☐ 0.5 pound spaghetti
- ☐ 1 cup canned tomatoes thick canned crushed

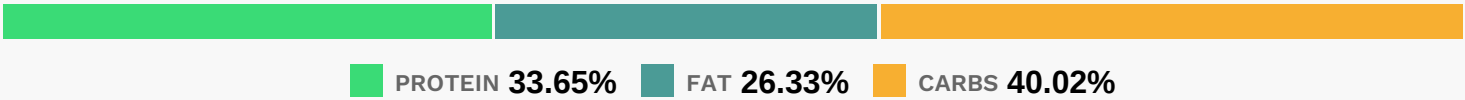
Equipment

- ☐ pot

Directions

- ☐ In a large heavy pot, heat both oils over moderate heat.
- ☐ Add the onion, celery, garlic, ginger, chili powder, and red-pepper flakes. Cook, stirring occasionally, for 5 minutes.
- ☐ Add the broth, tomatoes, chicken, fish sauce, cilantro leaves, if using, and the salt and bring to a simmer. Reduce the heat and simmer, covered, until the chicken is just done, about 15 minutes.
- ☐ Remove the chicken; when it is cool enough to handle, cut it into bite-size pieces. Continue cooking the soup for 15 minutes longer.
- ☐ Meanwhile, in a large pot of boiling, salted water, cook the spaghetti until just done, about 9 minutes.
- ☐ Drain and add the pasta and the chicken to the soup.
- ☐ Add the bok choy; bring back to a simmer. Cook until just done, about 1 minute. Stir in the lime juice and chopped cilantro, if using.
- ☐ Wine Recommendation: The piquant Asian juxtaposition of fiery and savory elements demands the cooling influence of an off-dry German riesling. Try a luscious sptlese from the Pfalz.
- ☐ Notes: Asian fish sauce is available at Asian markets and many supermarkets

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:19.23, Inflammation Score:-10, Nutrition Score:43.894348061603%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.14mg, Kaempferol: 5.14mg, Kaempferol: 5.14mg, Kaempferol: 5.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 605.16kcal (30.26%), Fat: 18.05g (27.78%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 61.73g (20.58%), Net Carbohydrates: 55.27g (20.1%), Sugar: 8.51g (9.45%), Cholesterol: 161.59mg (53.86%), Sodium: 2576.73mg (112.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.9g (103.8%), Vitamin A: 6541.86IU (130.84%), Selenium: 77.94µg (111.34%), Vitamin B3: 17.57mg (87.83%), Vitamin C: 64.91mg (78.68%), Vitamin B6: 1.42mg (70.79%), Vitamin K: 73.17µg (69.69%), Phosphorus: 626.23mg (62.62%), Manganese: 1.05mg (52.71%), Potassium: 1558.85mg (44.54%), Vitamin B2: 0.62mg (36.66%), Magnesium: 143.73mg (35.93%), Copper: 0.66mg (32.88%), Iron: 5.53mg (30.7%), Folate: 121.96µg (30.49%), Zinc: 4.45mg (29.66%), Vitamin B5: 2.73mg (27.29%), Fiber: 6.46g (25.83%), Vitamin B12: 1.51µg (25.14%), Vitamin E: 3.54mg (23.58%), Calcium: 223.04mg (22.3%), Vitamin B1: 0.33mg (22.25%)