



Asian Mushroom Chicken Soup



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



153 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups water
- ☐ 1 oz shiitake mushrooms dried
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup spring onion thinly sliced (4 medium)
- ☐ 2 tablespoons ginger minced peeled
- ☐ 3 cloves garlic minced
- ☐ 1 jalapeno minced seeded
- ☐ 1 cup snow peas fresh sliced

- ☐ 3 cups chicken broth reduced-sodium
- ☐ 8 oz bamboo skewers drained sliced canned
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 0.5 teaspoon sriracha
- ☐ 1 cup chicken shredded cooked
- ☐ 1 cup brown rice cooked
- ☐ 4 teaspoons juice of lime fresh
- ☐ 0.5 cup basil fresh thinly sliced

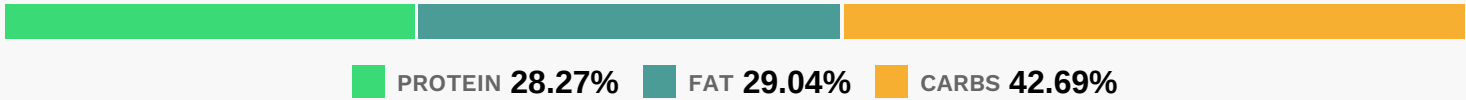
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In medium microwavable bowl, heat water uncovered on High 30 seconds or until hot.
- ☐ Add mushrooms; let stand 5 minutes or until tender.
- ☐ Drain mushrooms (reserve liquid). Slice any mushrooms that are large. Set aside.
- ☐ In 4-quart saucepan, heat oil over medium heat.
- ☐ Add 2 tablespoons of the green onions, the gingerroot, garlic and chile to oil. Cook about 3 minutes, stirring occasionally, until vegetables are tender.
- ☐ Add snow pea pods; cook 2 minutes, stirring occasionally. Stir in mushrooms, reserved mushroom liquid and the remaining ingredients, except lime juice and basil.
- ☐ Heat to boiling; reduce heat. Cover and simmer 10 minutes or until hot. Stir in lime juice.
- ☐ Divide soup evenly among 6 bowls. Top servings with basil and remaining green onions.

Nutrition Facts



Properties

Glycemic Index:43.87, Glycemic Load:4.2, Inflammation Score:-5, Nutrition Score:11.784782554792%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 153.38kcal (7.67%), Fat: 5.16g (7.94%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 14.66g (5.33%), Sugar: 1.97g (2.19%), Cholesterol: 17.5mg (5.83%), Sodium: 262.35mg (11.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.61%), Manganese: 0.6mg (30.05%), Vitamin B3: 4.87mg (24.35%), Vitamin K: 23.16µg (22.06%), Copper: 0.43mg (21.75%), Vitamin C: 16.13mg (19.55%), Vitamin B6: 0.33mg (16.36%), Vitamin B5: 1.6mg (15.95%), Phosphorus: 152.94mg (15.29%), Selenium: 8.52µg (12.17%), Potassium: 378.01mg (10.8%), Vitamin B2: 0.18mg (10.53%), Magnesium: 40.45mg (10.11%), Fiber: 2.42g (9.67%), Zinc: 1.44mg (9.59%), Iron: 1.49mg (8.29%), Vitamin A: 366.56IU (7.33%), Vitamin B1: 0.11mg (7.11%), Folate: 25.82µg (6.46%), Vitamin E: 0.87mg (5.8%), Calcium: 35.11mg (3.51%), Vitamin B12: 0.19µg (3.09%), Vitamin D: 0.18µg (1.23%)