



Chicken Curry Soup with Coconut and Lime

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup spring onion chopped
- 13.5 ounce coconut milk unsweetened canned
- 2 tablespoons juice of lime fresh
- 0.5 tablespoon curry powder
- 1 cup rice white cooked
- 1 jalapeno minced seeded
- 0.3 cup cilantro leaves fresh chopped
- 14.5 ounce chicken broth canned

- 1 pepper flakes minced seeded
- 4 chicken breast halves boneless skinless cut into 3/4-inch pieces
- 4 servings lime wedges

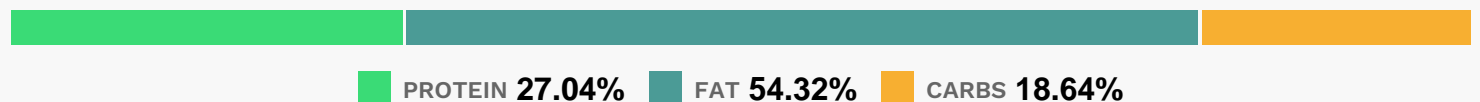
Equipment

- bowl
- sauce pan
- ladle

Directions

- Bring chicken broth, coconut milk, curry powder and chili to simmer in heavy medium saucepan over medium heat.
- Add chicken and simmer until chicken is just cooked through, stirring occasionally, about 5 minutes.
- Mix in lime juice. Season with salt and pepper.
- Transfer soup to bowl.
- Sprinkle green onion and cilantro over. Spoon rice into each bowl. Ladle soup over.
- Serve, passing lime wedges separately.

Nutrition Facts



Properties

Glycemic Index:71.75, Glycemic Load:12.5, Inflammation Score:-6, Nutrition Score:22.076521997866%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 429.03kcal (21.45%), Fat: 26.62g (40.95%), Saturated Fat: 21.07g (131.69%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 17.52g (6.37%), Sugar: 4.41g (4.9%), Cholesterol: 72.32mg (24.11%), Sodium: 179.79mg (7.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.81g (59.62%), Vitamin B3: 14.35mg (71.73%), Selenium: 45.31µg (64.73%), Manganese: 1.15mg (57.61%), Vitamin B6: 1.01mg (50.69%), Phosphorus: 393.18mg (39.32%), Vitamin C: 28.42mg (34.45%), Potassium: 860.67mg (24.59%), Vitamin B5: 1.99mg (19.95%), Copper: 0.4mg (19.85%), Magnesium: 77.74mg (19.43%), Vitamin K: 19.38µg (18.46%), Iron: 2.75mg (15.29%), Fiber: 3.03g (12.11%), Zinc: 1.69mg (11.29%), Vitamin B2: 0.17mg (10.07%), Vitamin B1: 0.12mg (8.19%), Folate: 31.15µg (7.79%), Vitamin A: 320.17IU (6.4%), Vitamin B12: 0.33µg (5.48%), Vitamin E: 0.82mg (5.47%), Calcium: 41.15mg (4.11%)