



 17%
HEALTH SCORE

Chicken Mulligatawny Soup

READY IN



45 min.

SERVINGS



6

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 apples peeled chopped
- 0.5 cup rice
- 2 teaspoons butter
- 1 cup carrots chopped
- 0.1 teaspoon ground pepper
- 1 cup celery sliced
- 2 liters chicken stock see
- 2 tablespoons curry powder
- 3 tablespoons flour

- 1 tablespoon ginger freshly grated
- 0.8 cup lite coconut milk
- 1 onion chopped
- 6 servings salt and pepper
- 1 pound chicken breast boneless skinless chopped

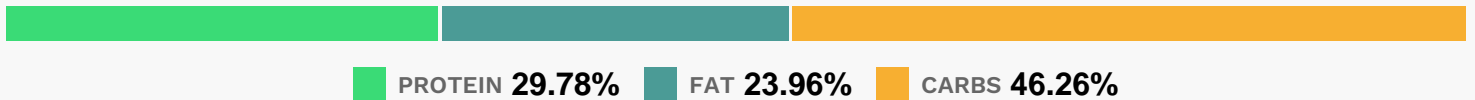
Equipment

- pot

Directions

- Heat the butter in a large pot over medium heat.
- Add the onions, celery, carrots, apples and ginger. Saut for 5 minutes stirring occasionally.
- Mix in the flour, curry powder and cayenne pepper. Stir another 3–5 minutes, then add the chicken stock, rice chopped chicken and 1 tsp. salt. Bring to a boil and lower the heat to a simmer. Simmer for 15 minutes or until the rice is tender and the chicken has cooked through.
- Add the coconut milk and salt and pepper to taste.
- Garnish with toasted almonds or cilantro!

Nutrition Facts



Properties

Glycemic Index:62.67, Glycemic Load:12.89, Inflammation Score:-10, Nutrition Score:21.137826086957%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin:

0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg
Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Taste

Sweetness: 100%, Saltiness: 87.58%, Sourness: 43.95%, Bitterness: 29.91%, Savoriness: 62.41%, Fattiness: 68.34%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 368.17kcal (18.41%), Fat: 9.66g (14.87%), Saturated Fat: 4.16g (25.98%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 38.34g (13.94%), Sugar: 13.78g (15.31%), Cholesterol: 62.11mg (20.7%), Sodium: 828.15mg (36.01%), Protein: 27.02g (54.05%), Vitamin A: 3784.19IU (75.68%), Vitamin B3: 14.12mg (70.59%), Selenium: 35.78µg (51.12%), Vitamin B6: 0.91mg (45.71%), Phosphorus: 303.23mg (30.32%), Vitamin B2: 0.44mg (25.81%), Potassium: 897.2mg (25.63%), Manganese: 0.39mg (19.36%), Vitamin B1: 0.25mg (16.59%), Copper: 0.3mg (15.03%), Fiber: 3.63g (14.54%), Vitamin B5: 1.41mg (14.13%), Magnesium: 52.82mg (13.21%), Folate: 46.75µg (11.69%), Iron: 2.1mg (11.67%), Vitamin K: 12.16µg (11.58%), Vitamin C: 7.83mg (9.49%), Zinc: 1.32mg (8.82%), Vitamin E: 1.06mg (7.05%), Calcium: 50.76mg (5.08%), Vitamin B12: 0.15µg (2.57%)