



Chicken Stir-Fry Soup

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons five-spice powder
- 1 head bok choy cut into 1-inch pieces
- 1 carrots shredded peeled
- 3 cups chicken stock see
- 1 chile de árbol
- 0.5 cup cilantro leaves chopped
- 2 garlic cloves
- 0.3 cup soya sauce low-sodium

- 0.3 cup mirin
- 2 tablespoons vegetable oil; peanut oil preferred
- 4 servings salt
- 3 chicken thighs boneless skinless

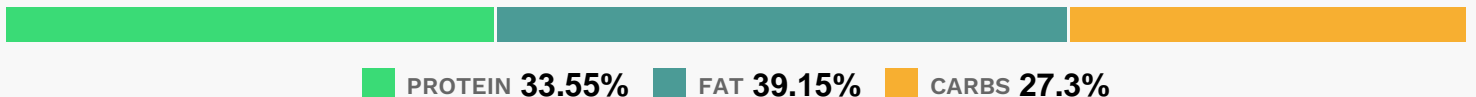
Equipment

- bowl
- frying pan
- ladle

Directions

- Watch how to make this recipe.
- Cut the chicken into 1/2-inch pieces and season all over with salt, to taste, and the five-spice powder.
- In a large saute pan with high sides over medium-high heat, add the peanut oil.
- When the oil is hot, add the whole garlic cloves and chile and saute until they are just starting to blacken.
- Remove and discard the garlic and chile, leaving the flavored oil.
- Add the chicken to the pan and saute until golden but not cooked through. Stir in the bok choy and carrots and saute for 1 minute.
- Stir in the mirin and cook for 30 seconds, then add the soy sauce and chicken stock and heat through. Ladle the soup into large, wide bowls and garnish with the chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:28.46, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:32.676521798839%

Flavonoids

Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 9.13mg, Kaempferol: 9.13mg, Kaempferol: 9.13mg, Kaempferol: 9.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 303.8kcal (15.19%), Fat: 13.59g (20.91%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 18.18g (6.61%), Sugar: 9.68g (10.75%), Cholesterol: 85.91mg (28.64%), Sodium: 1361.94mg (59.21%), Alcohol: 1.48g (100%), Alcohol %: 0.35% (100%), Protein: 26.21g (52.41%), Vitamin A: 12132.57IU (242.65%), Vitamin C: 97.36mg (118.01%), Vitamin K: 106.79µg (101.71%), Vitamin B6: 0.98mg (49.03%), Vitamin B3: 9.08mg (45.41%), Folate: 162.51µg (40.63%), Selenium: 24.63µg (35.18%), Phosphorus: 331.58mg (33.16%), Potassium: 1087.38mg (31.07%), Vitamin B2: 0.51mg (30.07%), Manganese: 0.53mg (26.62%), Calcium: 264.53mg (26.45%), Iron: 4.04mg (22.44%), Magnesium: 84.89mg (21.22%), Vitamin B1: 0.25mg (16.87%), Zinc: 2.27mg (15.14%), Vitamin B5: 1.34mg (13.37%), Fiber: 3.15g (12.58%), Copper: 0.24mg (11.84%), Vitamin E: 1.72mg (11.44%), Vitamin B12: 0.54µg (9.04%)