



Chicken-Udon Soup

 Dairy Free

READY IN



62 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon canola oil
- 8 ounces chicken shredded cooked
- 1.5 inch ginger fresh peeled
- 2 teaspoons ginger fresh minced peeled
- 3.5 ounce mushroom caps fresh
- 1 garlic clove minced
- 3 garlic clove crushed
- 1 spring onion cut into 2-inch pieces

- 0.3 cup spring onion
- 1 tablespoon honey
- 0.3 teaspoon kosher salt
- 4 cups beef broth fat-free
- 1 tablespoon soy sauce
- 0.3 cup wine dry white (rice wine)
- 1 star anise
- 6 ounces udon noodles dried thick (Japanese wheat noodles)

Equipment

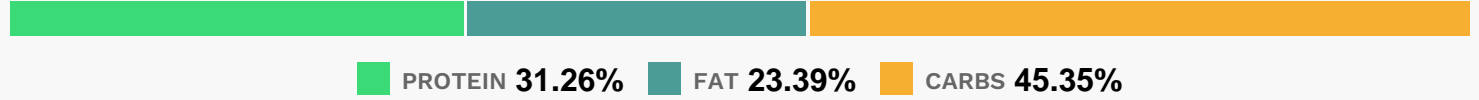
- bowl
- frying pan
- sauce pan
- sieve

Directions

- Remove stems from mushrooms; reserve stems. Thinly slice mushroom caps; set aside.
- Combine mushroom stems, Chicken Stock, and next 4 ingredients (through star anise) in a large saucepan. Bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- Remove from heat.
- Let stand 10 minutes. Strain stock through a sieve over a bowl; discard solids.
- Cook udon noodles according to package directions, omitting salt and fat.
- Drain and rinse with cold water; drain well.
- Heat a large saucepan over medium-high heat.
- Add canola oil to pan; swirl to coat.
- Add reserved sliced mushroom caps to pan, and saut for 2 minutes.
- Add minced ginger and minced garlic; saut for 1 minute.
- Add sake, and cook for 4 minutes, scraping pan to loosen browned bits.
- Add stock to pan. Bring to a boil, and reduce heat to medium-low.

- Add chicken, soy sauce, 1 tablespoon honey, and salt; simmer for 2 minutes or until chicken is thoroughly heated. Divide noodles evenly among 4 bowls.
- Add 1 1/2 cups soup to each bowl.
- Sprinkle each serving with 1 tablespoon green onions.

Nutrition Facts



Properties

Glycemic Index:78.9, Glycemic Load:18.23, Inflammation Score:-3, Nutrition Score:9.5739130014959%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 337.48kcal (16.87%), Fat: 8.64g (13.29%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 37.68g (12.56%), Net Carbohydrates: 34.27g (12.46%), Sugar: 9.24g (10.27%), Cholesterol: 42.52mg (14.17%), Sodium: 1287.84mg (55.99%), Alcohol: 1.54g (100%), Alcohol %: 0.48% (100%), Protein: 25.98g (51.96%), Vitamin B3: 5.6mg (28.01%), Selenium: 15.96µg (22.8%), Potassium: 768.95mg (21.97%), Vitamin K: 21.76µg (20.72%), Vitamin B6: 0.37mg (18.53%), Phosphorus: 156.54mg (15.65%), Fiber: 3.41g (13.64%), Vitamin B5: 0.98mg (9.8%), Vitamin B2: 0.16mg (9.63%), Manganese: 0.18mg (9.24%), Zinc: 1.28mg (8.5%), Iron: 1.21mg (6.71%), Magnesium: 25.82mg (6.46%), Copper: 0.1mg (4.96%), Vitamin E: 0.69mg (4.61%), Folate: 14.51µg (3.63%), Vitamin B1: 0.05mg (3.6%), Vitamin C: 2.93mg (3.56%), Vitamin B12: 0.16µg (2.74%), Calcium: 24.54mg (2.45%), Vitamin A: 116.52IU (2.33%)