



Chili-Lime Broth

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



26 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings asian fish sauce nuoc mam or nam pla
- ☐ 6 cups chicken broth
- ☐ 2 jalapeño chilies fresh green red stemmed seeded thinly sliced
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 5 slices ginger fresh each the size of a quarter
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.3 cup juice of lime

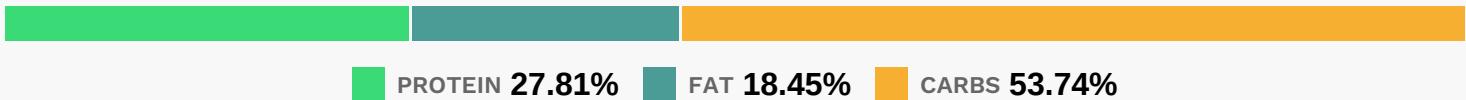
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ sieve

Directions

- ☐ In a 2- to 3-quart pan, combine broth, chilies, chopped cilantro, lime leaves, and ginger. Bring to a boil over high heat. Cover and simmer over low heat for 15 minutes.
- ☐ Pour broth through a fine strainer into a bowl.
- ☐ Add lime juice, onions, cilantro leaves, and fish sauce to taste. Ladle into soup bowls.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.6, Inflammation Score:-4, Nutrition Score:4.870434805103%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 26.1kcal (1.3%), Fat: 0.6g (0.92%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 3.45g (1.26%), Sugar: 2.16g (2.39%), Cholesterol: 4.7mg (1.57%), Sodium: 953.71mg (41.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.05%), Vitamin C: 25.99mg (31.51%), Vitamin K: 16.99µg (16.18%), Vitamin B2: 0.16mg (9.46%), Manganese: 0.16mg (7.96%), Vitamin A: 329.16IU (6.58%), Vitamin B6: 0.09mg (4.59%), Vitamin B1: 0.07mg (4.46%), Vitamin B3: 0.8mg (3.98%), Potassium: 134.11mg (3.83%), Copper: 0.07mg (3.48%), Magnesium: 10.43mg (2.61%), Iron: 0.44mg (2.46%), Folate: 9.06µg (2.26%), Phosphorus: 20.4mg (2.04%), Vitamin E: 0.3mg (1.98%), Fiber: 0.46g (1.85%), Calcium: 17.95mg (1.79%), Selenium: 1.17µg (1.67%), Zinc: 0.25mg (1.64%)