



Chinese Chicken Soup

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup celery chopped
- ☐ 1 quart chicken broth
- ☐ 2 tablespoons chile paste
- ☐ 1 pound chicken breast cooked chopped
- ☐ 2 teaspoons ginger root fresh chopped
- ☐ 0.5 cup green onion chopped
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 cup lettuce shredded

- ☐ 3 ounce japanese ramen noodles
- ☐ 2 tablespoons sesame oil
- ☐ 0.3 cup soya sauce
- ☐ 2 teaspoons sugar

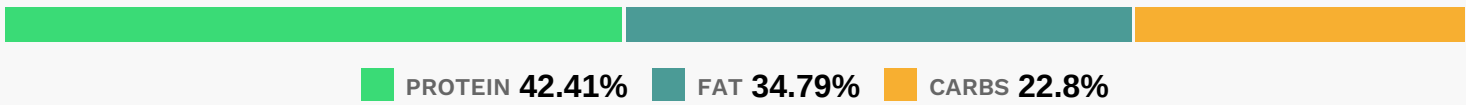
Equipment

- ☐ pot

Directions

- ☐ In a large pot, heat oil over medium heat. Cook turmeric, ginger and chile paste in oil until fragrant, 1 to 2 minutes. Stir in chicken, broth, sugar, soy sauce and celery. Bring to a boil, then introduce noodles and cook 3 minutes. Stir in lettuce and remove from heat.
- ☐ Serve garnished with green onions.

Nutrition Facts



Properties

Glycemic Index:31.01, Glycemic Load:4.02, Inflammation Score:-7, Nutrition Score:9.8521739866423%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 196.17kcal (9.81%), Fat: 7.52g (11.57%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 10.25g (3.73%), Sugar: 2.66g (2.96%), Cholesterol: 50.56mg (16.85%), Sodium: 1115.18mg (48.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.62g (41.25%), Vitamin B3: 8.91mg (44.56%), Selenium: 17.4µg (24.86%), Vitamin B6: 0.39mg (19.52%), Vitamin K: 20.12µg (19.16%), Phosphorus: 165.81mg (16.58%), Vitamin B1: 0.19mg (12.79%), Vitamin B2: 0.19mg (11.23%), Manganese: 0.2mg (9.95%), Iron: 1.51mg (8.41%), Potassium: 283.66mg (8.1%), Folate: 27.24µg (6.81%), Magnesium: 27.18mg (6.79%), Vitamin B5: 0.66mg (6.59%), Zinc: 0.84mg (5.6%), Copper: 0.09mg (4.64%), Vitamin B12: 0.24µg (4.05%), Vitamin A: 187.69IU (3.75%), Vitamin E: 0.51mg (3.4%), Fiber: 0.83g (3.33%), Vitamin C: 2.55mg (3.09%), Calcium: 30.06mg (3.01%)