



Cindy's Thai Hot and Sour Soup

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 chicken breast halves bone-in
- 0.3 cup cilantro leaves chopped
- 2 tablespoons fish sauce
- 6 mushrooms fresh chopped
- 1 tablespoon garlic fresh chopped
- 5 green onions chopped
- 4 kaffir lime leaves
- 1 stalk lemon grass chopped

- 1 tablespoon chile peppers fresh red chopped
- 1.4 ounce tamarind soup base
- 2 cups tomatoes chopped
- 12 cups water divided
- 1 cup rice long grain white uncooked

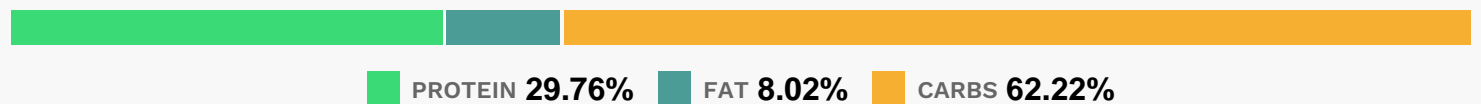
Equipment

- pot

Directions

- Place the rice and 2 cups water in a pot, and bring to a boil. Reduce heat to low, cover, and simmer 20 minutes.
- Pour the remaining 10 cups water into a large pot, and bring to a boil.
- Place chicken in the pot. Stir in kaffir lime leaves, lemon grass, green onions, garlic, tomatoes, fish sauce, mushrooms, cilantro, red chile peppers, and tamarind soup base. Cook chicken 30 minutes, or until juices run clear.
- Remove chicken from pot, debone, and chop. Return meat to the soup, and discard bones.
- Serve over cooked rice.

Nutrition Facts



Properties

Glycemic Index:55.86, Glycemic Load:18.34, Inflammation Score:-6, Nutrition Score:14.436086887899%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 217.41kcal (10.87%), Fat: 1.93g (2.97%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 33.72g (11.24%), Net Carbohydrates: 31.83g (11.58%), Sugar: 4.93g (5.48%), Cholesterol: 36.16mg (12.05%), Sodium: 569.7mg (24.77%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.25%), Vitamin B3: 7.8mg (39.01%), Selenium: 25.52µg (36.45%), Manganese: 0.6mg (30.06%), Vitamin B6: 0.6mg (30.05%), Vitamin K: 28.08µg (26.75%), Phosphorus: 200.94mg (20.09%), Vitamin C: 14.36mg (17.4%), Potassium: 548.64mg (15.68%), Vitamin B5: 1.5mg (15.05%), Copper: 0.28mg (14.23%), Magnesium: 55.66mg (13.92%), Vitamin A: 617.14IU (12.34%), Vitamin B2: 0.19mg (11.26%), Vitamin B1: 0.13mg (8.92%), Fiber: 1.89g (7.55%), Iron: 1.34mg (7.44%), Folate: 29.01µg (7.25%), Zinc: 1.04mg (6.93%), Calcium: 50.91mg (5.09%), Vitamin E: 0.51mg (3.42%), Vitamin B12: 0.15µg (2.5%)