



## Coconut Chicken and Rice Soup

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



5

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 28 ounce less-sodium chicken broth fat-free canned
- 2 tablespoons ginger fresh minced peeled
- 1 garlic clove minced
- 0.5 cup green onions sliced ( 4 onions)
- 13.5 ounce coconut milk light canned
- 3 tablespoons juice of lime fresh
- 1 teaspoon lime rind grated
- 2 tablespoons soya sauce low-sodium

- 3.5 ounce boil-in-bag rice long-grain uncooked
- 2 cups meat from a rotisserie chicken shredded cooked

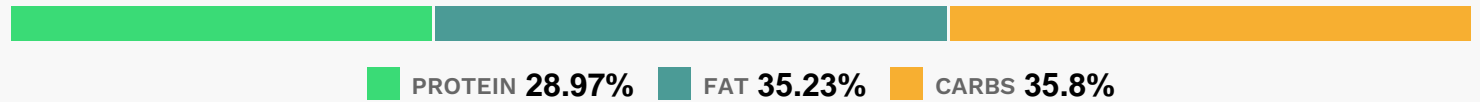
## Equipment

- bowl
- ladle
- dutch oven

## Directions

- Cook rice according to package directions, omitting salt and fat.
- While rice cooks, bring broth and next 5 ingredients to a boil in a Dutch oven.
- Add chicken; reduce heat, and simmer, uncovered, 2 minutes. Stir in cooked rice, green onions, and lime juice. Ladle soup into bowls, and garnish with cilantro, if desired.

## Nutrition Facts



## Properties

Glycemic Index:34.04, Glycemic Load:9.83, Inflammation Score:-3, Nutrition Score:9.25652180029%

## Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

## Nutrients (% of daily need)

Calories: 248.44kcal (12.42%), Fat: 9.28g (14.28%), Saturated Fat: 6.16g (38.5%), Carbohydrates: 21.22g (7.07%), Net Carbohydrates: 20.55g (7.47%), Sugar: 0.74g (0.82%), Cholesterol: 42mg (14%), Sodium: 988.75mg (42.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.34%), Selenium: 20.47µg (29.25%), Vitamin B3: 5.78mg (28.9%), Vitamin K: 20.79µg (19.8%), Phosphorus: 165.33mg (16.53%), Vitamin B6: 0.32mg (15.81%), Manganese: 0.3mg (15.21%), Vitamin B5: 0.99mg (9.85%), Vitamin B2: 0.15mg (8.93%), Zinc: 1.21mg (8.09%), Vitamin B12: 0.48µg (8%), Potassium: 273.78mg (7.82%), Iron: 1.33mg (7.39%), Magnesium: 26.82mg (6.71%), Copper: 0.13mg (6.4%), Vitamin C: 5.02mg (6.09%), Vitamin B1: 0.07mg (4.8%), Folate: 16.45µg (4.11%), Calcium:

30.67mg (3.07%), Fiber: 0.68g (2.71%), Vitamin A: 127.41IU (2.55%)