



WHATSheATE



Coconut-Curry Chicken Soup



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 pound chicken shredded cooked
- ☐ 1.5 teaspoons curry powder
- ☐ 6 cups fat-skimmed beef broth fat-free
- ☐ 2 tablespoons fish sauce
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 cup spring onion chopped

- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon turmeric
- ☐ 13.5 ounce lite coconut milk light canned
- ☐ 7 lime wedges
- ☐ 5.8 ounce soup noodles (wide rice stick noodles)
- ☐ 4 small pepper red hot crushed seeded chopped
- ☐ 2 teaspoons curry paste red
- ☐ 0.3 cup shallots thinly sliced
- ☐ 0.5 pound snow peas trimmed cut in half crosswise
- ☐ 3 cups pkt spinach fresh
- ☐ 2 tablespoons sugar
- ☐ 4 cups water

Equipment

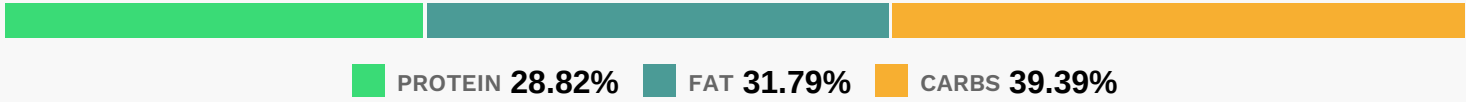
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Bring 4 cups water to a boil in a large saucepan.
- ☐ Add spinach and peas to pan; cook for 30 seconds.
- ☐ Remove vegetables from pan with a slotted spoon; place in a large bowl.
- ☐ Add noodles to pan; cook 3 minutes.
- ☐ Drain; add noodles to spinach mixture in bowl.
- ☐ Heat canola oil in pan over medium-high heat.
- ☐ Add shallots and the next 5 ingredients (through garlic) to pan; saut 1 minute, stirring constantly.
- ☐ Add chicken broth to pan, and bring to a boil.

- ☐
- Add coconut milk to pan; reduce heat, and simmer 5 minutes.
- ☐
- Add chicken, onions, sugar, and fish sauce to pan; cook for 2 minutes.
- ☐
- Pour chicken mixture over noodle mixture in bowl. Stir in cilantro and chiles.
- ☐
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:44.3, Glycemic Load:10.43, Inflammation Score:-10, Nutrition Score:21.048260896102%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 316.63kcal (15.83%), Fat: 11.03g (16.96%), Saturated Fat: 5.12g (31.98%), Carbohydrates: 30.73g (10.24%), Net Carbohydrates: 27.55g (10.02%), Sugar: 7.15g (7.94%), Cholesterol: 48.6mg (16.2%), Sodium: 1317.79mg (57.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.49g (44.98%), Vitamin K: 90.68µg (86.36%), Selenium: 36.26µg (51.8%), Vitamin A: 1988.9IU (39.78%), Vitamin C: 31.15mg (37.75%), Vitamin B3: 7.14mg (35.68%), Manganese: 0.54mg (27.12%), Vitamin B6: 0.49mg (24.28%), Phosphorus: 229.11mg (22.91%), Iron: 3.03mg (16.83%), Magnesium: 62.9mg (15.72%), Folate: 60.9µg (15.23%), Potassium: 498.94mg (14.26%), Vitamin B5: 1.3mg (13.02%), Vitamin B2: 0.22mg (12.95%), Fiber: 3.19g (12.74%), Copper: 0.24mg (12.22%), Zinc: 1.66mg (11.08%), Vitamin B1: 0.15mg (10.18%), Vitamin B12: 0.6µg (10.03%), Calcium: 75.45mg (7.54%), Vitamin E: 1mg (6.63%)