



Coconut Soup

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 13 ounce coconut milk canned
- ☐ 1 pound meat from a rotisserie chicken boneless skinless cut into thin strips
- ☐ 4 cups chicken broth
- ☐ 4 tablespoons fish sauce
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 inch ginger fresh thinly sliced
- ☐ 4 kaffir lime leaves fresh
- ☐ 1 lemongrass stalk crushed cut into 1-inch pieces and

- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 8 ounce straw mushrooms drained and rinsed canned
- ☐ 2 tablespoons sugar
- ☐ 4 small thai chiles green very thin sliced

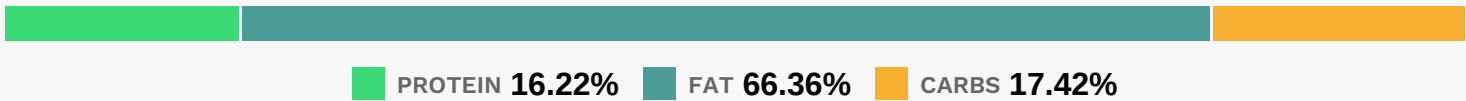
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ In a soup pot, combine and bring to a boil the chicken broth, lemon grass, lime leaves and ginger. Lower heat, cover and simmer for 10 minutes to infuse the broth with flavor. Strain the infused broth, discard the aromatics and return the broth to the pot.
- ☐ Add chicken, mushrooms, chiles, fish sauce, sugar, coconut milk, and lime juice and simmer for another 10 minutes until the chicken is cooked through. Finally season the soup with salt and pepper. Ladle into serving bowls and top each bowl with some cilantro leaves.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.27, Glycemic Load:4.33, Inflammation Score:-5, Nutrition Score:15.399130416953%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 401.83kcal (20.09%), Fat: 31.1g (47.85%), Saturated Fat: 21.88g (136.77%), Carbohydrates: 18.37g (6.12%), Net Carbohydrates: 14.66g (5.33%), Sugar: 11.24g (12.49%), Cholesterol: 45.52mg (15.17%), Sodium: 2556.31mg (111.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.21%), Manganese: 1.16mg (58.22%), Selenium: 24.87µg (35.53%), Vitamin B3: 5.57mg (27.87%), Phosphorus: 224.58mg (22.46%), Magnesium: 88.19mg (22.05%), Copper: 0.42mg (20.97%), Vitamin C: 15.92mg (19.29%), Iron: 3.33mg (18.5%), Vitamin B6: 0.33mg (16.27%), Potassium: 548.94mg (15.68%), Vitamin B2: 0.27mg (15.61%), Fiber: 3.71g (14.83%), Folate: 53.09µg (13.27%), Zinc: 1.98mg (13.23%), Vitamin B5: 0.98mg (9.79%), Vitamin B1: 0.12mg (8.33%), Vitamin B12: 0.3µg (5.04%), Calcium: 49.02mg (4.9%), Vitamin K: 4.7µg (4.47%), Vitamin A: 194.1IU (3.88%), Vitamin E: 0.49mg (3.26%)