



Coconut Soup with Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 bird chiles crushed
- ☐ 14 ounce coconut milk canned
- ☐ 1.8 pounds chicken breast quarters
- ☐ 0.8 pound chicken thigh quarters
- ☐ 6 tablespoons cilantro leaves fresh chopped
- ☐ 20 pieces galangal fresh crushed peeled thinly sliced
- ☐ 5 kaffir lime leaves grated
- ☐ 0.5 cup lemongrass fresh crushed peeled sliced

- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 cup thai fish sauce
- ☐ 4 cups water

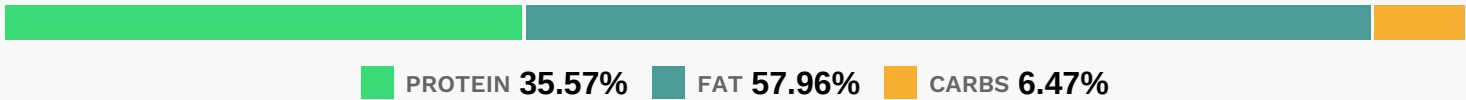
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Combine water and coconut milk in a Dutch oven; bring to a boil over medium heat. Stir in lemongrass, galangal, chiles, and lime leaves; bring to a boil.
- ☐ Add the chicken; cover, reduce heat, and simmer 50 minutes or until chicken is done.
- ☐ Remove the chicken from broth.
- ☐ Place the chicken in a bowl; chill 15 minutes. Strain broth through a colander into a bowl; discard solids. Return broth to pan.
- ☐ Remove the chicken from the bones, and cut meat into bite-size pieces. Discard bones. Return chicken to pan. Stir in the fish sauce, and cook for 1 minute over medium heat. Stir in lime juice.
- ☐ Remove from heat.
- ☐ Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:22.597391221834%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 442.57kcal (22.13%), Fat: 28.67g (44.11%), Saturated Fat: 17.26g (107.9%), Carbohydrates: 7.2g (2.4%), Net Carbohydrates: 5.45g (1.98%), Sugar: 2.94g (3.27%), Cholesterol: 140.24mg (46.75%), Sodium: 975.37mg (42.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.6g (79.2%), Vitamin B3: 17.34mg (86.68%), Selenium: 58.01µg (82.87%), Vitamin B6: 1.28mg (64.2%), Manganese: 0.97mg (48.45%), Phosphorus: 444.25mg (44.42%), Vitamin B5: 2.62mg (26.25%), Potassium: 887.86mg (25.37%), Magnesium: 94.73mg (23.68%), Copper: 0.3mg (15.12%), Iron: 2.56mg (14.24%), Zinc: 2.11mg (14.07%), Vitamin B2: 0.23mg (13.36%), Vitamin B12: 0.67µg (11.23%), Vitamin B1: 0.15mg (10.29%), Vitamin C: 8.4mg (10.19%), Folate: 29.21µg (7.3%), Fiber: 1.75g (6.99%), Calcium: 36.65mg (3.67%), Vitamin E: 0.54mg (3.6%), Vitamin A: 163IU (3.26%), Vitamin K: 3.4µg (3.24%), Vitamin D: 0.19µg (1.26%)