



Curried Chicken and Rice Soup

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 2 medium carrots sliced
- 1.5 pounds chicken breast bone-in halved
- 1.5 teaspoons madras curry powder
- 3 tablespoons optional: dill fresh chopped
- 3 tablespoons mint leaves fresh finely chopped
- 0.3 cup jasmine rice
- 4 servings kosher salt

- 1 optional: lemon cut into wedges
- 6 cups chicken broth low-sodium
- 1 large onion very thinly sliced
- 1 teaspoon sugar
- 2 tablespoons butter unsalted

Equipment

- frying pan
- sauce pan
- blender
- immersion blender

Directions

- Combine the chicken, carrots, bay leaf and a pinch of salt in a medium saucepan.
- Add 3 cups broth and bring to a boil; immediately reduce the heat to low, cover and cook until the chicken is just firm, about 20 minutes.
- Meanwhile, heat the butter in another saucepan over medium-low heat.
- Add the onion, sugar and 1 teaspoon salt; cook until the onion is soft, 5 minutes.
- Add the curry powder and cook for 1 minute.
- Add the rice and the remaining 3 cups broth. Increase the heat to medium, cover and simmer until the rice falls apart, 15 to 20 minutes.
- Remove the chicken from its broth; discard the skin and shred the meat into pieces. Return the shredded chicken to the same broth.
- Puree the rice mixture with an immersion blender until smooth (or use a regular blender, then return to the pan).
- Pour in the shredded chicken and broth, stirring gently to combine; bring to a simmer. Toss in the chopped herbs and serve the soup with lemon wedges.
- Photography by Antonis Achilleos

Nutrition Facts



■ PROTEIN **44.87%** ■ FAT **28.01%** ■ CARBS **27.12%**

Properties

Glycemic Index:62.65, Glycemic Load:10.32, Inflammation Score:-10, Nutrition Score:28.401304291642%

Flavonoids

Eriodictyol: 6.93mg, Eriodictyol: 6.93mg, Eriodictyol: 6.93mg, Eriodictyol: 6.93mg Hesperetin: 7.91mg, Hesperetin: 7.91mg, Hesperetin: 7.91mg, Hesperetin: 7.91mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 401.47kcal (20.07%), Fat: 12.65g (19.46%), Saturated Fat: 5.28g (33.03%), Carbohydrates: 27.55g (9.18%), Net Carbohydrates: 24.54g (8.92%), Sugar: 5.21g (5.79%), Cholesterol: 123.91mg (41.3%), Sodium: 523.68mg (22.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.59g (91.18%), Vitamin B3: 23.31mg (116.53%), Vitamin A: 5519.37IU (110.39%), Selenium: 57.29µg (81.84%), Vitamin B6: 1.46mg (72.9%), Phosphorus: 514.26mg (51.43%), Potassium: 1178.13mg (33.66%), Vitamin B5: 2.78mg (27.82%), Vitamin C: 22.47mg (27.24%), Vitamin B2: 0.33mg (19.57%), Manganese: 0.38mg (18.81%), Magnesium: 66.43mg (16.61%), Copper: 0.32mg (15.95%), Iron: 2.27mg (12.64%), Fiber: 3.01g (12.04%), Vitamin B12: 0.71µg (11.77%), Zinc: 1.74mg (11.63%), Vitamin B1: 0.17mg (11.56%), Folate: 30.06µg (7.52%), Calcium: 68.03mg (6.8%), Vitamin E: 0.92mg (6.11%), Vitamin K: 5.77µg (5.5%), Vitamin D: 0.28µg (1.83%)