



Curried Chicken Chowder



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



40

CALORIES



98 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 1 cup carrots diced
- ☐ 1 cup celery diced
- ☐ 6 cups chicken broth
- ☐ 40 servings spring onion toasted
- ☐ 3 cups ears corn fresh yellow (6 ears)
- ☐ 1 tablespoon curry powder
- ☐ 2 cups edamame green frozen shelled uncooked (soybeans)

- ☐ 2 garlic clove minced
- ☐ 1 teaspoon pepper black
- ☐ 4 cups chicken shredded cooked
- ☐ 2 cups onion diced sweet (1 large)
- ☐ 1 pound sweet potatoes and into cubed peeled
- ☐ 2 teaspoons salt
- ☐ 13.5 oz coconut milk unsweetened canned
- ☐ 1 pound yukon gold potatoes cubed peeled

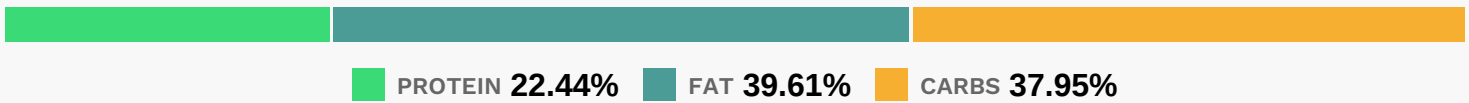
Equipment

- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Saut first 3 ingredients in hot oil in a large Dutch oven or stockpot over medium-high heat 5 minutes or until tender; add garlic, and saut 1 minute.
- ☐ Add broth and next 9 ingredients; bring to a boil, stirring often. Reduce heat to medium, and simmer, stirring occasionally, 20 to 25 minutes or until vegetables are tender. Season with salt and pepper to taste.
- ☐ Serve with desired toppings.
- ☐ To Freeze: To preserve the textures of meat and vegetables in hot soup, it's important to cool hot soups completely before freezing. To quickly reduce the temperature, transfer to a large, shallow container (13- x 9-inch baking dish). Refrigerate uncovered, stirring occasionally, until cool.
- ☐ Transfer to airtight containers or zip-top freezer bags. Freeze up to 1 month. Thaw in refrigerator 8 hours.

Nutrition Facts



Properties

Glycemic Index:7.99, Glycemic Load:2.8, Inflammation Score:-9, Nutrition Score:6.9021738482558%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 97.51kcal (4.88%), Fat: 4.44g (6.83%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 7.84g (2.85%), Sugar: 2.65g (2.94%), Cholesterol: 11.2mg (3.73%), Sodium: 273.48mg (11.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.33%), Vitamin A: 2243.38IU (44.87%), Vitamin K: 14.8µg (14.1%), Manganese: 0.21mg (10.45%), Vitamin B3: 1.72mg (8.58%), Vitamin B6: 0.15mg (7.59%), Potassium: 258.78mg (7.39%), Fiber: 1.74g (6.96%), Phosphorus: 66.27mg (6.63%), Vitamin C: 5.36mg (6.49%), Selenium: 4.48µg (6.41%), Iron: 0.94mg (5.23%), Magnesium: 19.39mg (4.85%), Copper: 0.09mg (4.41%), Folate: 17.3µg (4.33%), Vitamin B1: 0.06mg (4.22%), Vitamin B2: 0.07mg (4.02%), Vitamin B5: 0.39mg (3.88%), Zinc: 0.47mg (3.15%), Calcium: 24.97mg (2.5%), Vitamin E: 0.29mg (1.9%)