



Curried Chicken-Coconut Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon ginger fresh minced peeled
- 13.5 ounce coconut milk unsweetened canned
- 6 ounce baby spinach
- 3 tablespoons juice of lime fresh
- 2.5 tablespoons curry powder
- 1.5 tablespoons lemon grass fresh minced (from 4 stalks)
- 0.3 cup cilantro leaves fresh chopped
- 3 cups chicken broth

- 0.8 cup spring onion chopped
- 4 large strips. with bones (1 1/2 pounds)
- 6 servings lime wedges
- 64 servings frangelico



Equipment

- bowl
- ladle
- pressure cooker

Directions

- Combine first 6 ingredients in 6- to 8-quart pressure cooker.
- Remove skin from chicken; add chicken to cooker. Lock lid in place. Bring to high pressure over high heat. Cook 8 minutes, adjusting heat as necessary to maintain high pressure.
- Remove from heat.
- Let pressure come down naturally 8 minutes. Quick-release any remaining pressure.
- Slowly release lid, standing back and allowing steam to escape.
- Transfer chicken to work surface; cool briefly.
- Remove bones.
- Cut chicken into 1/2-inch cubes. Return chicken to soup; add spinach. Simmer until spinach wilts, about 1 minute.
- Add lime juice. Season soup to taste with salt and pepper. Ladle soup into bowls; sprinkle with cilantro.
- Serve, passing lime wedges separately.
- *Available at Asian markets and in the produce section of some supermarkets.

Nutrition Facts

 PROTEIN 18.95%  FAT 70.41%  CARBS 10.64%

Properties

Glycemic Index:24.67, Glycemic Load:0.4, Inflammation Score:-9, Nutrition Score:22.090000090392%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 353.71kcal (17.69%), Fat: 28.91g (44.47%), Saturated Fat: 17.13g (107.04%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 6.54g (2.38%), Sugar: 2.93g (3.26%), Cholesterol: 73.83mg (24.61%), Sodium: 129.37mg (5.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.51g (35.02%), Vitamin K: 169.06µg (161.01%), Vitamin A: 2915.68IU (58.31%), Manganese: 1.05mg (52.5%), Vitamin B3: 6mg (30%), Selenium: 18.86µg (26.95%), Phosphorus: 248.66mg (24.87%), Folate: 81.62µg (20.41%), Iron: 3.63mg (20.14%), Vitamin B6: 0.39mg (19.5%), Potassium: 682.08mg (19.49%), Vitamin C: 15.2mg (18.42%), Magnesium: 72.43mg (18.11%), Copper: 0.35mg (17.3%), Fiber: 3.28g (13.13%), Vitamin B2: 0.21mg (12.35%), Zinc: 1.83mg (12.2%), Vitamin B12: 0.6µg (10%), Vitamin E: 1.49mg (9.91%), Vitamin B5: 0.93mg (9.28%), Vitamin B1: 0.11mg (7.42%), Calcium: 72.79mg (7.28%)