



Curried Chicken Soup

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.3 teaspoon pepper black
- 1 pound chicken thighs bone-in
- 2 tablespoons canola oil
- 1 cup carrots chopped
- 1 chicken breast half bone-in
- 3 cups chicken stock see unsalted (such as Swanson)
- 3 cilantro sprigs fresh

- 3 tablespoons madras curry powder
- 2 teaspoons cilantro leaves fresh chopped
- 0.5 inch ginger fresh peeled
- 1 tablespoon garlic fresh minced
- 0.5 teaspoon kosher salt
- 14 ounce coconut milk light canned
- 0.5 teaspoon juice of lime fresh
- 0.3 teaspoon lime rind grated
- 0.3 cup yogurt plain 2% greek-style reduced-fat
- 2 cups onion chopped
- 3 parsley sprigs fresh
- 1 serrano chile
- 1 cup water

Equipment

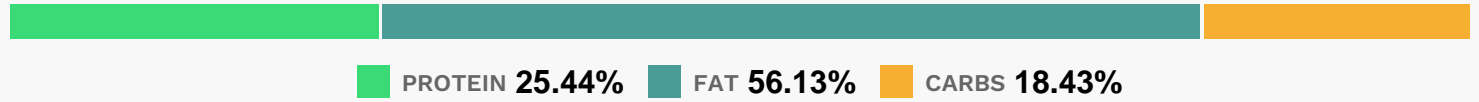
- frying pan
- dutch oven
- cheesecloth

Directions

- Heat oil in a Dutch oven over medium-high heat.
- Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Add chicken, flesh side down. Cook 10 minutes; turn thighs after 5 minutes. Cool; shred. Discard bones.
- Add onion and carrot to pan; saut 10 minutes.
- Add garlic; saut 1 minute.
- Place herb sprigs, ginger, serrano chile, and bay leaves on cheesecloth. Gather edges; tie securely.
- Add sachet to pan. Stir in curry powder; saut 20 seconds.

- Add chicken stock, water, and coconut milk to pan; bring to a boil. Return chicken to pan. Reduce heat to medium, and simmer 15 minutes or until vegetables are tender, stirring occasionally.
- Remove from heat; discard sachet.
- Combine yogurt, chopped fresh cilantro, lime rind, and fresh lime juice.

Nutrition Facts



Properties

Glycemic Index:47.31, Glycemic Load:1.97, Inflammation Score:-10, Nutrition Score:18.336521674757%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 11.6mg, Quercetin: 11.6mg, Quercetin: 11.6mg, Quercetin: 11.6mg

Nutrients (% of daily need)

Calories: 373.14kcal (18.66%), Fat: 22.87g (35.18%), Saturated Fat: 8.43g (52.68%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 14.24g (5.18%), Sugar: 6.05g (6.73%), Cholesterol: 91.29mg (30.43%), Sodium: 542.41mg (23.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.32g (46.64%), Vitamin A: 3788.93IU (75.78%), Vitamin B3: 9.25mg (46.23%), Selenium: 28.06µg (40.09%), Vitamin B6: 0.73mg (36.71%), Phosphorus: 264.8mg (26.48%), Vitamin K: 22.72µg (21.64%), Potassium: 634.28mg (18.12%), Vitamin B2: 0.29mg (16.86%), Manganese: 0.29mg (14.45%), Vitamin B5: 1.39mg (13.95%), Vitamin E: 1.91mg (12.76%), Magnesium: 45.99mg (11.5%), Vitamin B1: 0.17mg (11.27%), Iron: 2mg (11.13%), Fiber: 2.66g (10.62%), Zinc: 1.58mg (10.54%), Vitamin C: 8.32mg (10.09%), Copper: 0.18mg (9.07%), Vitamin B12: 0.54µg (9.06%), Folate: 31.22µg (7.81%), Calcium: 68.99mg (6.9%)