



Curried Coconut Soup with Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup torn basil fresh
- ☐ 2 teaspoons canola oil
- ☐ 2 cups rotisserie chicken breast boneless skinless chopped
- ☐ 4 cups chicken stock see unsalted (such as Swanson)
- ☐ 2 cups rice noodles cooked
- ☐ 0.7 cup cucumber thinly sliced
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 tablespoon garlic fresh minced

- ☐ 1 cup coconut milk light
- ☐ 4 lime wedges
- ☐ 0.5 cup shallots thinly sliced
- ☐ 4 teaspoons thai curry paste red
- ☐ 2 teaspoons sambal oelek fresh (ground chile paste)

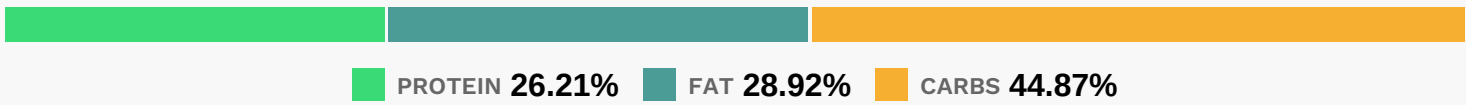
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a large saucepan over medium-high heat.
- ☐ Add canola oil to pan; swirl to coat.
- ☐ Add shallots; saut 2 minutes.
- ☐ Add curry paste and garlic; saut 1 minute.
- ☐ Add stock and coconut milk; bring to a boil. Reduce heat; simmer 20 minutes.
- ☐ Combine chicken, cucumber, basil, sambal oelek, and sesame oil in a medium bowl; toss to coat.
- ☐ Place 1/2 cup chicken mixture and 1/2 cup noodles in each of 4 bowls.
- ☐ Pour about 1 1/4 cups stock mixture into each bowl.
- ☐ Serve with lime.

Nutrition Facts



Properties

Glycemic Index:56.88, Glycemic Load:12.53, Inflammation Score:-7, Nutrition Score:16.509130602298%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 377.38kcal (18.87%), Fat: 11.83g (18.2%), Saturated Fat: 5.01g (31.29%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 38.52g (14.01%), Sugar: 7.34g (8.15%), Cholesterol: 55.2mg (18.4%), Sodium: 493.99mg (21.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.13g (48.25%), Vitamin B3: 11.86mg (59.31%), Selenium: 34.01µg (48.59%), Vitamin B6: 0.87mg (43.4%), Phosphorus: 271.58mg (27.16%), Potassium: 706.42mg (20.18%), Vitamin A: 1006.75IU (20.13%), Vitamin B2: 0.3mg (17.87%), Vitamin K: 16.65µg (15.85%), Manganese: 0.28mg (14.17%), Vitamin C: 11.68mg (14.15%), Copper: 0.26mg (12.88%), Vitamin B5: 1.27mg (12.75%), Vitamin B1: 0.19mg (12.34%), Magnesium: 44.41mg (11.1%), Fiber: 2.77g (11.09%), Iron: 1.69mg (9.42%), Folate: 34.59µg (8.65%), Zinc: 1.22mg (8.12%), Calcium: 50.89mg (5.09%), Vitamin E: 0.67mg (4.46%), Vitamin B12: 0.15µg (2.5%)