



Curried Mushroom Hot Pot

 Vegetarian  Gluten Free  Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 13.5 ounce coconut milk canned
- 32 fluid ounce chicken broth
- 2.5 tablespoons curry powder
- 1.3 inch thick ginger fresh peeled
- 8 kaffir lime leaves
- 0.5 optional: lemon sliced
- 1 tablespoon juice of lemon fresh
- 1 pound mushrooms assorted

- 0.5 onion diced
- 4 servings salt to taste
- 1.5 teaspoons sugar white

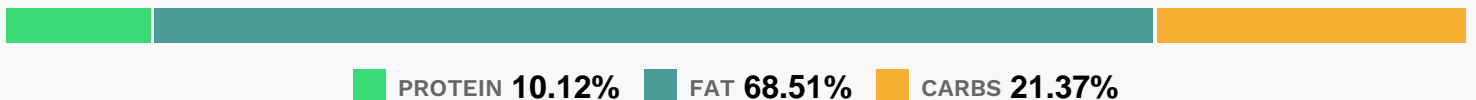
Equipment

- sauce pan

Directions

- Prepare a saucepan with cooking spray and place it over high heat.
- Place the onion in the saucepan; cook and stir for 2 minutes.
- Sprinkle the curry powder over the onion; stir to coat evenly.
- Add the chicken broth, lemon, ginger, sugar, and salt to the onions. Reduce heat to medium; cook and stir for 2 to 3 minutes. Stir in the mushrooms and cook another 3 minutes.
- Mix in the coconut milk and lemon juice; stir and remove from heat.
- Drop the lemon leaves into the soup; allow to sit for 5 minutes.
- Remove leaves before serving.

Nutrition Facts



Properties

Glycemic Index:43.65, Glycemic Load:2.47, Inflammation Score:-4, Nutrition Score:16.946521764216%

Flavonoids

Eriodictyol: 3.07mg, Eriodictyol: 3.07mg, Eriodictyol: 3.07mg, Eriodictyol: 3.07mg Hesperetin: 4.31mg, Hesperetin: 4.31mg, Hesperetin: 4.31mg, Hesperetin: 4.31mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 289.85kcal (14.49%), Fat: 24.27g (37.33%), Saturated Fat: 20.38g (127.35%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 11.88g (4.32%), Sugar: 9.11g (10.12%), Cholesterol: 4.73mg (1.58%), Sodium: 1094.56mg (47.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.12%), Manganese: 1.23mg (61.36%), Vitamin B2: 0.61mg (36.12%), Copper: 0.7mg (34.87%), Vitamin B3: 5.52mg (27.59%), Selenium: 18.22µg (26.02%), Phosphorus: 222.94mg (22.29%), Potassium: 764.4mg (21.84%), Fiber: 5.15g (20.6%), Iron: 3.54mg (19.67%), Vitamin B5: 1.95mg (19.46%), Vitamin C: 15.22mg (18.45%), Magnesium: 61.12mg (15.28%), Vitamin B1: 0.19mg (12.6%), Folate: 45.45µg (11.36%), Vitamin B6: 0.23mg (11.26%), Zinc: 1.59mg (10.6%), Vitamin E: 1.11mg (7.39%), Calcium: 53.48mg (5.35%), Vitamin K: 3.9µg (3.71%), Vitamin B12: 0.09µg (1.54%), Vitamin D: 0.23µg (1.51%)