



Curried Thai Chicken Potato Soup

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.7 cups water
- 0.3 cup butter
- 1 teaspoon salt
- 2 cups potatoes mashed
- 13.7 oz coconut milk canned (not cream of coconut)
- 2 teaspoons curry powder
- 1 juice of lime
- 3 cups chicken broth (from 32-oz carton)

- 0.3 teaspoon ginger fresh grated
- 1 clove garlic finely chopped
- 1.3 cups rotisserie chicken cut shredded
- 0.3 cup basil fresh thinly sliced
- 0.3 cup cilantro leaves fresh chopped
- 1 serving lime wedges

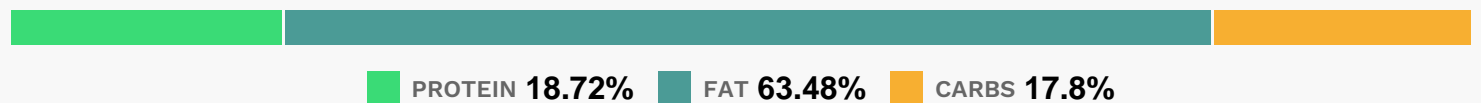
Equipment

- bowl
- sauce pan

Directions

- In 4-quart saucepan, heat water, butter and salt to boiling over medium-high heat.
- Remove from heat. Stir in potatoes (dry), coconut milk and curry powder.
- Let stand about 30 seconds or until liquid is absorbed.
- Return to heat.
- Add lime juice, broth, gingerroot and garlic. Cook until heated through.
- Divide soup among 4 bowls. Top with chicken, basil and cilantro.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:66.94, Glycemic Load:13.53, Inflammation Score:-6, Nutrition Score:14.223478392414%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.32mg, Quercetin: 1.32mg,

Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 568.2kcal (28.41%), Fat: 41.53g (63.9%), Saturated Fat: 24.58g (153.65%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 21.33g (7.76%), Sugar: 5.01g (5.56%), Cholesterol: 79.23mg (26.41%), Sodium: 1672.75mg (72.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.56g (55.12%), Manganese: 1.21mg (60.43%), Vitamin C: 26.64mg (32.29%), Copper: 0.44mg (22.2%), Potassium: 772.09mg (22.06%), Fiber: 4.88g (19.52%), Vitamin B6: 0.37mg (18.54%), Phosphorus: 174.07mg (17.41%), Magnesium: 68.37mg (17.09%), Iron: 2.92mg (16.21%), Vitamin A: 673.52IU (13.47%), Vitamin K: 12.47µg (11.88%), Vitamin B3: 2.31mg (11.54%), Selenium: 7.32µg (10.46%), Vitamin B1: 0.15mg (10.32%), Folate: 36.42µg (9.1%), Vitamin B2: 0.15mg (8.85%), Zinc: 1.17mg (7.78%), Vitamin E: 0.94mg (6.27%), Calcium: 55.1mg (5.51%), Vitamin B5: 0.54mg (5.39%)