



Escarole Soup with Ginger and Cilantro

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons bottled ginger fresh minced
- ☐ 0.5 cup carrots chopped
- ☐ 2 cups endive coarsely chopped
- ☐ 28 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 1 pound chicken breasts boneless skinless cut into 1/2-inch pieces
- ☐ 2 ounces pasta like spaghetti uncooked

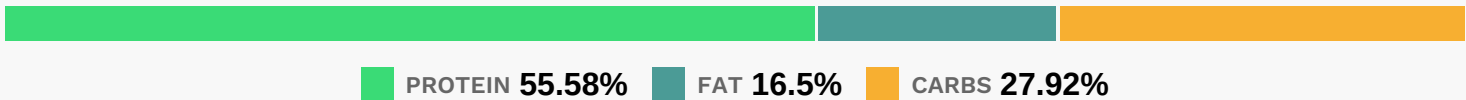
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Bring broth to a boil in a 3-quart saucepan.
- ☐ Add carrot and pasta; cover, reduce heat, and simmer 6 minutes, stirring occasionally. Stir in escarole and chicken; cook for 3 minutes or until chicken is done.
- ☐ Remove from heat; stir in ginger and curry paste. Ladle soup into 4 bowls; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:45.21, Glycemic Load:4.85, Inflammation Score:-9, Nutrition Score:21.628260747246%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 203.54kcal (10.18%), Fat: 3.64g (5.59%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 12g (4.36%), Sugar: 1.57g (1.74%), Cholesterol: 72.57mg (24.19%), Sodium: 965.46mg (41.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.56g (55.11%), Selenium: 49.76µg (71.08%), Vitamin A: 3390.33IU (67.81%), Vitamin B3: 13.49mg (67.46%), Vitamin K: 63.47µg (60.45%), Vitamin B6: 0.94mg (46.75%), Phosphorus: 301.44mg (30.14%), Vitamin B5: 2.2mg (21.97%), Potassium: 660.88mg (18.88%), Manganese: 0.31mg (15.55%), Folate: 48.58µg (12.14%), Magnesium: 46.36mg (11.59%), Vitamin B2: 0.2mg (11.55%), Vitamin B12: 0.62µg (10.39%), Vitamin B1: 0.13mg (8.78%), Zinc: 1.16mg (7.72%), Copper: 0.15mg (7.58%), Fiber: 1.84g (7.37%), Iron: 1.21mg (6.74%), Vitamin C: 4.33mg (5.24%), Vitamin E: 0.57mg (3.82%), Calcium: 36.76mg (3.68%)