



Gluten-Free Thai Chicken Soup

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



8

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon agave nectar
- 1 head broccoli cut into florets
- 28 ounce coconut milk canned
- 1 pound chicken breast meat thinly sliced
- 4 cups chicken stock see
- 8 ounce crimini mushrooms sliced
- 3 tablespoons fish sauce
- 0.5 cup cilantro leaves fresh chopped

- 1 tablespoon grapeseed oil
- 0.3 cup spring onion chopped
- 3 tablespoons juice of lime
- 8 lime wedges
- 2 teaspoons curry paste red
- 2 serrano chiles thinly sliced
- 3 shallots chopped

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- sieve

Directions

- Heat the grapeseed oil in a large saucepan over medium heat. Cook and stir the shallots and 2 tablespoons chopped cilantro in the hot pan until the shallot has softened and turned translucent, about 4 minutes.
- Pour in the chicken stock, coconut milk, and agave nectar; bring to a simmer over medium-high heat. Once the broth reaches a simmer, strain through a mesh strainer into a clean saucepan; discard the shallot and cilantro.
- Return the broth to a simmer; stir in the mushrooms and broccoli and cook until the broccoli becomes tender, about 4 minutes.
- Add the chicken and cook until no longer pink, stirring constantly. Stir the curry paste, lime juice, and fish sauce in a small bowl to dissolve the curry paste; mix into the simmering soup.
- Ladle the soup into bowls and sprinkle with 1/2 cup cilantro, serrano peppers, green onions, and lime wedges to serve.

Nutrition Facts



■ PROTEIN 17.64% ■ FAT 59.62% ■ CARBS 22.74%

Properties

Glycemic Index:28.38, Glycemic Load:2.16, Inflammation Score:-8, Nutrition Score:27.854782148548%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 8.24mg, Hesperetin: 8.24mg, Hesperetin: 8.24mg, Hesperetin: 8.24mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 6mg, Kaempferol: 6mg, Kaempferol: 6mg, Kaempferol: 6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 401.73kcal (20.09%), Fat: 28.34g (43.6%), Saturated Fat: 21.95g (137.17%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 18.95g (6.89%), Sugar: 10.81g (12.01%), Cholesterol: 32.52mg (10.84%), Sodium: 1329.97mg (57.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.86g (37.73%), Vitamin C: 80.6mg (97.7%), Vitamin K: 88.41µg (84.2%), Manganese: 1.18mg (58.95%), Vitamin B3: 9.64mg (48.19%), Selenium: 26.43µg (37.76%), Phosphorus: 373.91mg (37.39%), Vitamin B6: 0.61mg (30.43%), Potassium: 1052.45mg (30.07%), Copper: 0.55mg (27.55%), Folate: 93.2µg (23.3%), Vitamin B2: 0.39mg (22.94%), Magnesium: 91.32mg (22.83%), Fiber: 5.37g (21.49%), Iron: 3.16mg (17.55%), Vitamin B5: 1.69mg (16.87%), Vitamin A: 804.75IU (16.09%), Vitamin B1: 0.2mg (13.04%), Zinc: 1.84mg (12.28%), Vitamin E: 1.6mg (10.67%), Calcium: 84.5mg (8.45%), Vitamin B12: 0.14µg (2.34%)