



Hot and Sour Chicken and Cabbage Soup



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



105 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon pepper black
- ☐ 0.5 head cabbage shredded
- ☐ 0.5 pound rotisserie chicken breast meat boneless skinless cubed
- ☐ 10 cups chicken broth
- ☐ 2 eggs beaten
- ☐ 1 tablespoon fish sauce
- ☐ 1 cup bean sprouts fresh
- ☐ 0.3 cup parsley fresh chopped

- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon lemon grass minced
- ☐ 1 teaspoon olive oil
- ☐ 1 onion cut in strips
- ☐ 1 teaspoon pepper flakes hot
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 cup soya sauce

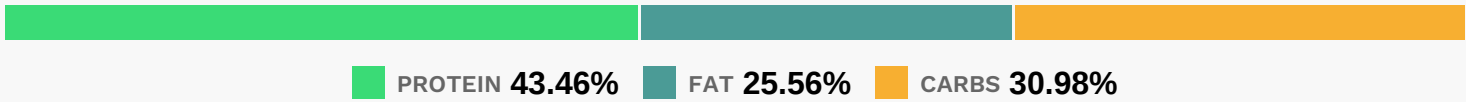
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Pour chicken broth into a large pot. Stir in hot pepper flakes, vinegar, soy sauce, lemon grass, fish sauce, black pepper, garlic powder, and onion. Bring to a boil over high heat, then reduce heat to medium-low and keep at a simmer.
- ☐ Meanwhile, heat olive oil in a skillet over medium-high heat. Stir in cubed chicken, and cook until no longer pink in the center, about 5 minutes. Stir chicken into the simmering soup along with the cabbage and bean sprouts. Simmer until the cabbage is tender, about 10 minutes.
- ☐ Remove the pot from the heat, and slowly stir in the beaten egg, then gently stir in the chopped parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.3, Inflammation Score:-5, Nutrition Score:13.956086744433%

Flavonoids

Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 104.9kcal (5.25%), Fat: 3.05g (4.69%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 6.07g (2.21%), Sugar: 4.51g (5.01%), Cholesterol: 64.94mg (21.65%), Sodium: 1733.6mg (75.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.65g (23.31%), Vitamin K: 79.93µg (76.13%), Vitamin C: 27.31mg (33.1%), Manganese: 0.46mg (22.82%), Vitamin B3: 4.24mg (21.22%), Selenium: 14.34µg (20.48%), Vitamin B2: 0.31mg (18.34%), Vitamin B6: 0.37mg (18.32%), Phosphorus: 133.73mg (13.37%), Folate: 47.47µg (11.87%), Potassium: 365mg (10.43%), Vitamin B1: 0.15mg (9.7%), Fiber: 2.24g (8.96%), Vitamin B5: 0.84mg (8.38%), Magnesium: 32.71mg (8.18%), Iron: 1.41mg (7.84%), Copper: 0.13mg (6.3%), Vitamin A: 300.71IU (6.01%), Calcium: 56.45mg (5.65%), Zinc: 0.78mg (5.23%), Vitamin B12: 0.22µg (3.74%), Vitamin E: 0.49mg (3.26%), Vitamin D: 0.25µg (1.66%)