



## Hot-and-Sour Chicken Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 ounce bamboo skewers drained sliced canned
- 2 tablespoons brown sugar
- 2 tablespoons cornstarch
- 31.5 ounce fat-skimmed beef broth fat-free canned
- 1 tablespoon fish sauce
- 2 tablespoons cilantro leaves fresh minced
- 1 teaspoon curry paste green
- 14 ounce lite coconut milk light canned

- 0.3 cup juice of lime fresh
- 1 teaspoon lime zest grated
- 2 teaspoons olive oil
- 2 cups onion thinly sliced
- 0.3 pound vermicelli (bánh pho)
- 1.3 pounds chicken breast boneless skinless cut into 1/4-inch strips
- 15 ounce straw mushrooms whole peeled drained canned
- 2 cups water
- 2 tablespoons water

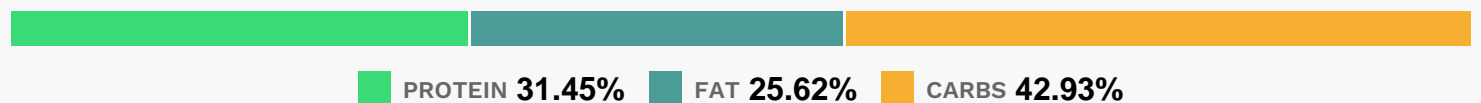
## Equipment

- bowl
- dutch oven

## Directions

- Cook noodles in boiling water 5 minutes or until done.
- Drain and rinse with cold water; drain well. Set aside.
- Heat oil in a large Dutch oven over medium-high heat.
- Add onion; saut 4 minutes or until tender. Stir in 2 cups of water and the next 9 ingredients (water through bamboo shoots). Bring to a boil; reduce heat, and simmer 30 minutes.
- Combine cornstarch and 2 tablespoons water in a small bowl. Stir cornstarch mixture into soup. Bring to a boil; cook 1 minute, stirring constantly. Stir in chicken; cook 3 minutes or until chicken is done.
- Place 1/3 cup noodles and 1 1/2 cups soup into each of 6 large soup bowls.
- Sprinkle 1 teaspoon cilantro over each serving.

## Nutrition Facts



## Properties

Glycemic Index:30.17, Glycemic Load:10.28, Inflammation Score:-5, Nutrition Score:16.458695826323%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg

## Nutrients (% of daily need)

Calories: 330.6kcal (16.53%), Fat: 9.3g (14.31%), Saturated Fat: 5.3g (33.13%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 31.44g (11.43%), Sugar: 7.42g (8.25%), Cholesterol: 60.48mg (20.16%), Sodium: 1326.17mg (57.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.69g (51.38%), Selenium: 48µg (68.58%), Vitamin B3: 11.09mg (55.46%), Vitamin B6: 0.87mg (43.72%), Phosphorus: 314.14mg (31.41%), Vitamin B5: 1.95mg (19.5%), Potassium: 590.24mg (16.86%), Manganese: 0.34mg (16.78%), Fiber: 3.62g (14.47%), Copper: 0.25mg (12.4%), Vitamin B2: 0.21mg (12.14%), Magnesium: 47.52mg (11.88%), Folate: 46.72µg (11.68%), Iron: 2.04mg (11.35%), Vitamin C: 8.74mg (10.59%), Zinc: 1.56mg (10.37%), Vitamin B12: 0.5µg (8.35%), Vitamin B1: 0.12mg (8.23%), Calcium: 46.43mg (4.64%), Vitamin E: 0.65mg (4.31%), Vitamin A: 180.15IU (3.6%), Vitamin K: 1.68µg (1.6%)