



Javanese-Inspired "Chicken" Soup

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



269 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups bean sprouts
- 0.5 teaspoon pepper black freshly ground
- 4 ounces vermicelli thin (vermicelli)
- 1.5 tablespoon ginger fresh minced ()
- 1 teaspoon galangal
- 4 cloves garlic peeled
- 4 spring onion sliced
- 1 teaspoon ground coriander

- 1 slices lime
- 1 teaspoon lime zest grated
- 1 shallots peeled cut in half
- 2 cups soybean oil
- 6 servings soya sauce gluten-free sweet (kecap manis)
- 1 teaspoon turmeric
- 4 vegetable cube
- 8 cups vegetable stock
- 6 servings chili sauce hot

Equipment

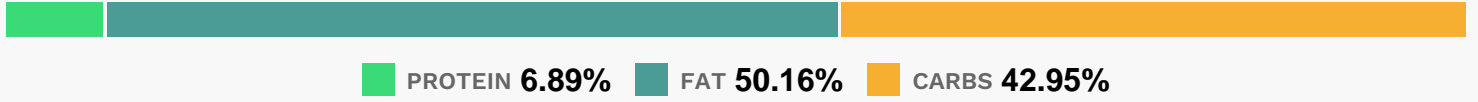
- food processor
- bowl
- ladle
- pot
- sieve
- slotted spoon

Directions

- Place garlic, shallot, ginger, turmeric, galangal, coriander, and pepper in a food processor and pulse until ground into a paste.
- Heat a non-stick soup pot over medium heat (spray with cooking oil if it is not non-stick).
- Add the paste and stir fry until fragrant, about a minute.
- Add the water or broth, along with the soy curls and bouillon cubes, if using. Bring to a boil, reduce heat, cover and simmer for at least 15 minutes. Turn heat to very low and keep warm while you prepare the bean sprouts and noodles. While the soup is cooking, bring a large pot of water to a boil.
- Add the bean sprouts and cook for one minute after the water returns to a boil. Lift them out with a slotted spoon and set aside. Return the water to a boil and add the rice noodles. Cook according to package directions (about 3-5 minutes for rice vermicelli).

- Drain in a fine-mesh strainer and rinse with cold water. Just before serving, add the lime peel to the soup and add salt to taste. To serve, place some rice noodles and bean sprouts into a bowl and ladle the broth and soy curls over them.
- Sprinkle with green onions, and serve with wedges of lime, sweet soy sauce or tamari, and hot chili sauce.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:2.52, Inflammation Score:-10, Nutrition Score:10.152173902677%

Flavonoids

Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 268.94kcal (13.45%), Fat: 15.51g (23.86%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 29.89g (9.96%), Net Carbohydrates: 27.52g (10.01%), Sugar: 7.29g (8.1%), Cholesterol: 0mg (0%), Sodium: 2787.85mg (121.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.59%), Vitamin K: 66.82µg (63.64%), Manganese: 0.36mg (17.76%), Vitamin A: 797.73IU (15.95%), Vitamin C: 13.09mg (15.87%), Folate: 53.43µg (13.36%), Iron: 1.94mg (10.79%), Vitamin E: 1.45mg (9.64%), Fiber: 2.37g (9.49%), Copper: 0.19mg (9.43%), Vitamin B6: 0.17mg (8.42%), Phosphorus: 81.39mg (8.14%), Vitamin B1: 0.12mg (7.67%), Vitamin B2: 0.13mg (7.6%), Vitamin B3: 1.45mg (7.27%), Magnesium: 28.77mg (7.19%), Potassium: 229.52mg (6.56%), Vitamin B5: 0.39mg (3.89%), Selenium: 2.62µg (3.74%), Zinc: 0.56mg (3.72%), Calcium: 33.75mg (3.37%)