



Lemon Grass Chicken Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds cabbage
- ☐ 14.5 oz tomatoes diced canned
- ☐ 2 carrots (8 oz. total)
- ☐ 5 cups rice hot cooked
- ☐ 3 quarts fat-skimmed beef broth
- ☐ 1.5 cups cilantro leaves fresh chopped
- ☐ 12 ginger fresh thin (quarter-size)
- ☐ 4 cloves garlic peeled chopped

- ☐ 0.3 cup spring onion thinly sliced
- ☐ 2 stalks lemon grass fresh yellow thin (each 12 to 18 in. long) (each)
- ☐ 0.5 cup juice of lemon
- ☐ 10 oz optional: lemon cut into wedges
- ☐ 8 ounces mushrooms
- ☐ 2 tablespoons fish sauce (nam pla or nuoc mam)
- ☐ 2 pounds chicken breast halves

Equipment

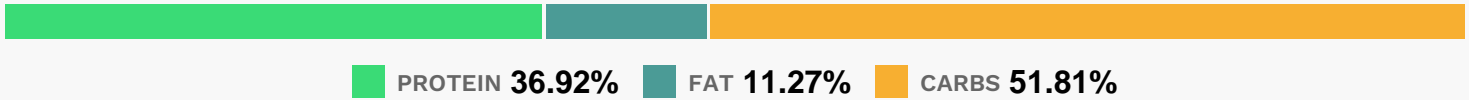
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ slotted spoon

Directions

- ☐ In an 8- to 10-quart pan, bring broth to a boil over high heat. Meanwhile, pull off and discard coarse outer layers from lemon grass and trim off and discard stem ends; rinse lemon grass.
- ☐ Cut each stalk into about 3-inch lengths. With the flat side of a knife, lightly crush lemon grass and ginger. Rinse chilies and cut one or two in half lengthwise (use two if you'd like it spicy); stem remaining chilies (seed, if desired, for less heat), finely chop, and reserve.
- ☐ Add lemon grass, ginger, and halved chilies to boiling broth. Reduce heat and simmer, covered, for 20 to 30 minutes.
- ☐ Meanwhile, rinse cabbage and cut into shreds about 1/4 inch wide and 2 to 3 inches long. Rinse mushrooms, trim off and discard stem ends and discolored parts, and slice lengthwise 1/4 inch thick. Peel carrots and slice 1/4 inch thick. Rinse chicken and cut into 1/4-inch-thick slices 1 1/2 to 2 inches long.
- ☐ With a slotted spoon, remove and discard lemon grass, ginger, and chilies from broth.
- ☐ Add cabbage, mushrooms, carrots, and garlic to broth; cover and bring to a boil over high heat. Reduce heat and simmer until carrots are tender when pierced, 8 to 10 minutes.
- ☐ Add chicken and tomatoes (including juice). Cover and cook over high heat until chicken is no longer pink in the center (cut to test), 2 to 4 minutes.

- ☐ Add lemon juice and fish sauce to taste.
- ☐ Serve soup from the pan, or pour into a tureen.
- ☐ Sprinkle with green onions.
- ☐ Place rice, lemon wedges, cilantro, and chopped chilies in separate bowls and offer with soup to add to taste.

Nutrition Facts



Properties

Glycemic Index:30.53, Glycemic Load:21.77, Inflammation Score:-9, Nutrition Score:22.131304253703%

Flavonoids

Eriodictyol: 5.54mg, Eriodictyol: 5.54mg, Eriodictyol: 5.54mg, Eriodictyol: 5.54mg Hesperetin: 8.06mg, Hesperetin: 8.06mg, Hesperetin: 8.06mg, Hesperetin: 8.06mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 228.24kcal (11.41%), Fat: 2.91g (4.47%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 30.07g (10.02%), Net Carbohydrates: 26.83g (9.76%), Sugar: 4.74g (5.26%), Cholesterol: 48.38mg (16.13%), Sodium: 1360.12mg (59.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.85%), Vitamin B3: 10.83mg (54.16%), Selenium: 36.9µg (52.71%), Vitamin C: 40.64mg (49.26%), Vitamin K: 50.37µg (47.97%), Vitamin B6: 0.86mg (42.83%), Vitamin A: 1976.57IU (39.53%), Manganese: 0.67mg (33.26%), Phosphorus: 264.92mg (26.49%), Vitamin B5: 2.17mg (21.66%), Potassium: 732.03mg (20.92%), Vitamin B2: 0.27mg (16.1%), Magnesium: 55.87mg (13.97%), Fiber: 3.24g (12.97%), Copper: 0.25mg (12.61%), Folate: 47.42µg (11.86%), Vitamin B1: 0.16mg (10.99%), Vitamin B12: 0.65µg (10.77%), Iron: 1.93mg (10.75%), Zinc: 1.2mg (8.01%), Calcium: 69.21mg (6.92%), Vitamin E: 0.68mg (4.52%)