



Malaysian Noodle Soup with Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 28 ounce less-sodium chicken broth fat-free canned
- ☐ 0.8 teaspoon fennel seeds crushed
- ☐ 2 tablespoons ginger fresh grated peeled
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 1 teaspoon ground cumin
- ☐ 4 ounces wide rice stick noodles uncooked (banh pho)
- ☐ 1.5 cups shiitake mushroom caps thinly sliced
- ☐ 1 pound chicken thighs boneless skinless cut into (1/4-inch-thick) strips
- ☐ 1 star anise
- ☐ 1 tablespoon thai fish sauce

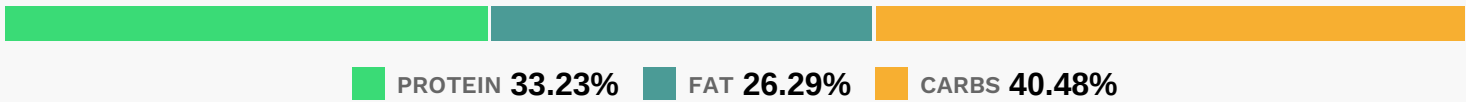
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add chicken; cook 8 minutes or until browned, stirring constantly.
- ☐ Remove chicken from pan.
- ☐ Add ginger, cumin, fennel, cinnamon, garlic, and star anise to pan; cook 30 seconds, stirring constantly. Stir in chicken, mushrooms, fish sauce, and broth; bring to a boil. Reduce heat; simmer 12 minutes. Discard star anise. Stir in pepper.
- ☐ Place 3/4 cup noodles into each of 4 bowls. Ladle 1 cup soup into each bowl; sprinkle each serving with 1 tablespoon onions.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:15, Inflammation Score:-4, Nutrition Score:19.193912993307%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 320.19kcal (16.01%), Fat: 9.33g (14.36%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 29.15g (10.6%), Sugar: 2.72g (3.02%), Cholesterol: 107.73mg (35.91%), Sodium: 1328.13mg (57.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.54g (53.09%), Selenium: 39.94µg (57.06%), Vitamin B3: 11.02mg (55.12%), Vitamin B6: 0.85mg (42.31%), Phosphorus: 385.14mg (38.51%), Vitamin B5: 2.92mg (29.19%), Manganese: 0.53mg (26.34%), Vitamin B2: 0.45mg (26.25%), Zinc: 2.97mg (19.82%), Potassium: 678.36mg (19.38%), Vitamin B12: 1.14µg (19.07%), Vitamin K: 19.03µg (18.13%), Magnesium: 63.6mg (15.9%), Copper: 0.28mg (13.92%), Iron: 2.43mg (13.52%), Fiber: 3.19g (12.75%), Vitamin B1: 0.15mg (10.17%), Folate: 25.24µg (6.31%), Vitamin E: 0.88mg (5.88%), Calcium: 48.57mg (4.86%), Vitamin C: 2.25mg (2.73%), Vitamin D: 0.34µg (2.26%), Vitamin A: 98.96IU (1.98%)