

# Mulligatawny



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup rice hot cooked
- ☐ 1 tablespoon curry powder
- ☐ 29 ounce less-sodium chicken broth fat-free canned
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 3 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 0.5 cup coconut milk light
- ☐ 1 teaspoon olive oil

- ☐ 1.5 cups onion chopped
- ☐ 1.5 cups roasted chicken chopped
- ☐ 3 cups sweet potatoes and into cubed peeled
- ☐ 1 cup water

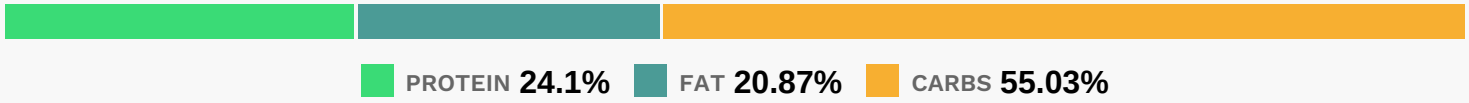
## Equipment

- ☐ blender
- ☐ dutch oven

## Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add sweet potato, onion, and pepper; saut 10 minutes or until almost tender; add garlic, and saut 30 seconds.
- ☐ Add chicken broth and next 3 ingredients. Bring to a boil; reduce heat, and cook, uncovered, 20 minutes, stirring occasionally
- ☐ Place 2 cups soup mixture in a blender. With center cap of blender lid removed, process on low speed until smooth. Return pureed mixture to remaining soup mixture.
- ☐ Stir in chicken; cook over medium heat 5 minutes. Stir in rice and coconut milk. Cook over medium-low heat 5 minutes or until thoroughly heated, stirring occasionally.
- ☐ Serve with lime wedges, if desired.

## Nutrition Facts



## Properties

Glycemic Index:63.5, Glycemic Load:23.48, Inflammation Score:-10, Nutrition Score:20.870000134344%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 13.05mg, Quercetin: 13.05mg, Quercetin: 13.05mg, Quercetin: 13.05mg

13.05mg, Quercetin: 13.05mg

Nutrients (% of daily need)

Calories: 303.78kcal (15.19%), Fat: 7.01g (10.79%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 36.19g (13.16%), Sugar: 8.03g (8.92%), Cholesterol: 39.38mg (13.13%), Sodium: 963.98mg (41.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.21g (36.43%), Vitamin A: 14327.08IU (286.54%), Vitamin C: 37.74mg (45.75%), Manganese: 0.7mg (35.21%), Vitamin B6: 0.69mg (34.63%), Vitamin B3: 6.33mg (31.64%), Selenium: 21.89µg (31.27%), Phosphorus: 221.4mg (22.14%), Fiber: 5.38g (21.54%), Potassium: 724.1mg (20.69%), Vitamin B5: 1.84mg (18.37%), Copper: 0.33mg (16.36%), Magnesium: 58.2mg (14.55%), Iron: 2.36mg (13.12%), Vitamin B2: 0.22mg (12.95%), Vitamin B1: 0.19mg (12.68%), Zinc: 1.58mg (10.54%), Vitamin B12: 0.56µg (9.39%), Folate: 34.53µg (8.63%), Calcium: 79.23mg (7.92%), Vitamin K: 6.93µg (6.6%), Vitamin E: 0.91mg (6.03%)