



Mulligatawny Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups roasted chicken diced cooked
- 8 cups chicken broth
- 2 cups basmati rice cooked
- 5 garlic clove chopped
- 0.3 cup vegetable oil
- 0.5 teaspoon ground pepper
- 8 servings lemon wedges
- 1.5 tablespoons garam masala

- 1 teaspoon turmeric
- 1 cup coconut milk unsweetened canned
- 3 tablespoons juice of lemon fresh
- 2 cups lentils dried red
- 1 pound onion chopped
- 2 bay leaves
- 1.5 teaspoons ground coriander

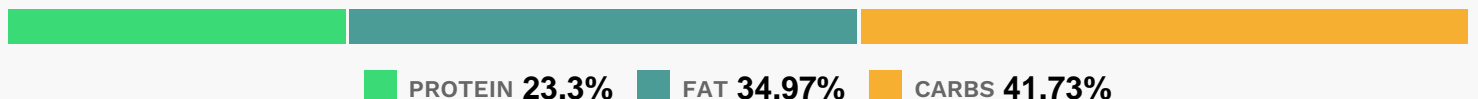
Equipment

- bowl
- pot
- blender

Directions

- Heat vegetable oil in heavy large pot over medium-high heat.
- Add onions and cook until golden brown, stirring frequently, about 15 minutes.
- Add garlic and sauté 2 minutes.
- Add garam masala and next 4 ingredients; stir 1 minute.
- Add lentils; stir until coated.
- Add chicken broth. Bring soup to boil; reduce heat to medium and simmer until lentils are very tender, about 20 minutes. Discard bay leaves.
- Working in batches, puree soup in blender until smooth. Return to pot. Stir in chicken, coconut milk, and lemon juice. Season to taste with salt and pepper.
- Divide rice among bowls.
- Pour soup over.
- Garnish with lemon wedges; serve.

Nutrition Facts



Properties

Glycemic Index:31.64, Glycemic Load:16.61, Inflammation Score:-9, Nutrition Score:23.959999975951%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg

Nutrients (% of daily need)

Calories: 468.71kcal (23.44%), Fat: 18.59g (28.59%), Saturated Fat: 8.57g (53.56%), Carbohydrates: 49.91g (16.64%), Net Carbohydrates: 33.9g (12.33%), Sugar: 4.85g (5.39%), Cholesterol: 26.25mg (8.75%), Sodium: 108.2mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.86g (55.72%), Fiber: 16.01g (64.04%), Manganese: 1.2mg (60.12%), Folate: 235.62µg (58.91%), Phosphorus: 410.45mg (41.05%), Vitamin B3: 7.67mg (38.34%), Vitamin B1: 0.46mg (30.9%), Iron: 5.23mg (29.06%), Vitamin B6: 0.56mg (27.97%), Potassium: 916.77mg (26.19%), Copper: 0.52mg (25.78%), Selenium: 17.85µg (25.5%), Zinc: 3.47mg (23.12%), Magnesium: 88.95mg (22.24%), Vitamin B5: 1.6mg (16.02%), Vitamin K: 15.2µg (14.48%), Vitamin B2: 0.24mg (14.33%), Vitamin C: 10.56mg (12.8%), Calcium: 68.13mg (6.81%), Vitamin E: 0.91mg (6.04%), Vitamin B12: 0.34µg (5.63%), Vitamin A: 87.32IU (1.75%)