



## Pho Ginger and Lime Soup

 Dairy Free

READY IN



115 min.

SERVINGS



8

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups carrots sliced
- 1 tablespoon cayenne pepper
- 3 quarts chicken broth
- 1 tablespoon curry powder
- 4 inch ginger fresh peeled chopped to taste
- 1 green onion finely chopped
- 1 tablespoon ground ginger
- 8 servings salt and ground pepper black to taste

- 1 jalapeno finely chopped
- 6 juice of lime divided juiced
- 1 leek cut into matchstick-size pieces
- 1 large onion diced red
- 2 teaspoons sesame oil divided
- 4 chicken breast halves boneless skinless cubed
- 9 ounce udon noodles

## Equipment

- bowl
- frying pan
- ladle
- pot

## Directions

- Heat 1 teaspoon sesame oil in a large pot over low heat; cook and stir ginger in the hot oil for 10 minutes.
- Pour chicken broth over ginger, cover pot, and simmer for 30 minutes.
- Stir onion and carrots into broth and simmer until carrots are tender, about 10 minutes. Gradually add curry powder, ground ginger, cayenne pepper, salt, and black pepper to broth; stir in jalapeno pepper and half the lime juice. Simmer broth over low heat, stirring about every 15 minutes, until flavors have blended, about 45 hour.
- Fill a large pot with lightly salted water and bring to a rolling boil. Drop udon in a few noodles at a time and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, 10 to 12 minutes; drain.
- Heat 1 teaspoon sesame oil in a skillet over medium heat; cook and stir chicken in the hot oil until no longer pink in the center, about 10 minutes.
- Transfer chicken to broth and stir leek and green onion into broth; simmer for 5 to 10 more minutes.
- Remove pot from heat.
- Portion udon noodles into each serving bowl; ladle broth over noodles.

Add remaining lime juice to each serving.

## Nutrition Facts

**PROTEIN 31.81%** **FAT 15.97%** **CARBS 52.22%**

### Properties

Glycemic Index:38.9, Glycemic Load:13.25, Inflammation Score:-10, Nutrition Score:16.848260967628%

### Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

### Nutrients (% of daily need)

Calories: 246.16kcal (12.31%), Fat: 4.49g (6.9%), Saturated Fat: 0.59g (3.72%), Carbohydrates: 33g (11%), Net Carbohydrates: 29.13g (10.59%), Sugar: 7.62g (8.46%), Cholesterol: 43.26mg (14.42%), Sodium: 1791.69mg (77.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.1g (40.21%), Vitamin A: 5868.96IU (117.38%), Vitamin B3: 7.28mg (36.38%), Selenium: 20.31µg (29.02%), Manganese: 0.57mg (28.52%), Vitamin B6: 0.56mg (28.02%), Vitamin B2: 0.31mg (18.09%), Vitamin C: 14.77mg (17.9%), Phosphorus: 162.93mg (16.29%), Fiber: 3.86g (15.46%), Potassium: 498.5mg (14.24%), Vitamin K: 14.74µg (14.04%), Vitamin B1: 0.16mg (10.48%), Vitamin B5: 1mg (10.03%), Magnesium: 34.8mg (8.7%), Iron: 1.29mg (7.16%), Vitamin E: 1.06mg (7.08%), Copper: 0.13mg (6.52%), Folate: 24.06µg (6.01%), Zinc: 0.8mg (5.32%), Calcium: 47.97mg (4.8%), Vitamin B12: 0.18µg (3.07%)