



Pineapple Chicken Soup with Lemon Verbena



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz chicken broth reduced-sodium canned
- ☐ 1 tablespoon fish sauce
- ☐ 1 large garlic clove smashed
- ☐ 2 ginger fresh
- ☐ 1 spring onion sliced
- ☐ 1.5 cups optional: lemon
- ☐ 1 cup mushrooms trimmed
- ☐ 3 cups pineapple divided ripe cubed

- ☐ 0.5 serrano chiles sliced
- ☐ 1 tomatoes cubed halved seeded
- ☐ 8 ounces strips. cubed

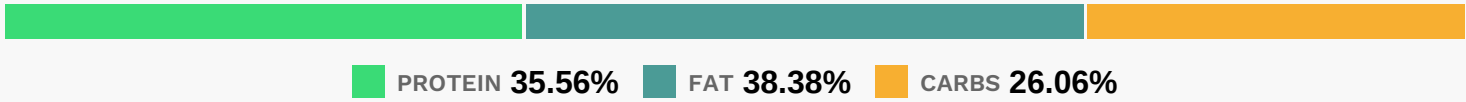
Equipment

- ☐ pot

Directions

- ☐ Whirl 1 cup pineapple with 3 cups of water until smooth, about 1 minute. Strain liquid into a 4 qt. pot.
- ☐ Add broth, ginger, garlic, and verbena leaves. Simmer over medium heat, covered, until flavors have melded, 10 to 15 minutes.
- ☐ Strain mixture again, discard solids, and return to pot.
- ☐ Add remaining 2 cups pineapple along with the remaining ingredients and cook over medium heat until chicken is firm, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:57.79, Glycemic Load:10.5, Inflammation Score:-8, Nutrition Score:23.712173912836%

Flavonoids

Eriodictyol: 16.98mg, Eriodictyol: 16.98mg, Eriodictyol: 16.98mg, Eriodictyol: 16.98mg Hesperetin: 22.18mg, Hesperetin: 22.18mg, Hesperetin: 22.18mg, Hesperetin: 22.18mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 416.73kcal (20.84%), Fat: 18.31g (28.17%), Saturated Fat: 4.92g (30.77%), Carbohydrates: 27.97g (9.32%), Net Carbohydrates: 23.21g (8.44%), Sugar: 15.79g (17.54%), Cholesterol: 106.95mg (35.65%), Sodium: 898.95mg (39.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.17g (76.34%), Vitamin C: 107.34mg (130.1%),

Manganese: 1.26mg (63.18%), Selenium: 32.75µg (46.78%), Vitamin B3: 7.01mg (35.05%), Vitamin B6: 0.68mg (33.99%), Phosphorus: 301.52mg (30.15%), Zinc: 3.69mg (24.63%), Vitamin B12: 1.42µg (23.7%), Potassium: 708.32mg (20.24%), Vitamin B2: 0.34mg (20.18%), Fiber: 4.76g (19.04%), Copper: 0.36mg (17.81%), Magnesium: 67.38mg (16.85%), Iron: 2.87mg (15.97%), Vitamin B5: 1.4mg (13.98%), Vitamin B1: 0.21mg (13.82%), Vitamin K: 13.16µg (12.54%), Vitamin A: 609.08IU (12.18%), Folate: 48.26µg (12.07%), Calcium: 65.57mg (6.56%), Vitamin E: 0.79mg (5.28%), Vitamin D: 0.21µg (1.38%)