



Round 2 - Coconut Chicken Soup



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings reserved chicken legs
- ☐ 2 tablespoons cilantro leaves fresh chopped for garnish
- ☐ 1 inch ginger root cut into matchsticks
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 servings reserved coconut milk from rice pudding with coconut milk recipe
- ☐ 4 servings reserved scallion sliced thin

☐ 1 small serrano chile thinly sliced

Equipment

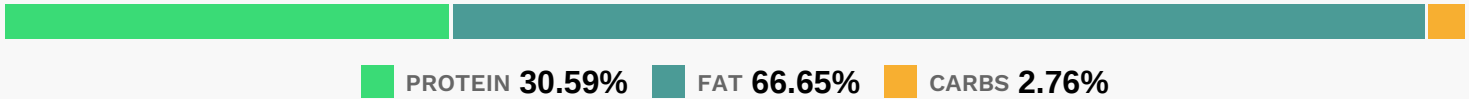
☐ bowl

☐ pot

Directions

- ☐ Put the chicken into a large pot, cover it with water, and add a big pinch of salt. Cover and bring it to a boil over high heat. Reduce to a simmer, skim the scum, and cook until the chicken is cooked through, 35 to 40 minutes.
- ☐ Remove the chicken. Strain the broth and put it back into the pot over medium heat.
- ☐ When the chicken is cool enough to handle, shred the meat and discard the skin and bones.
- ☐ Add the coconut milk, chile, scallion, ginger, lime juice, and chicken to the broth and simmer for 10 minutes. Taste and adjust the seasoning with salt and pepper.
- ☐ Serve in bowls garnished with cilantro.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:9.8130435010661%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 282.46kcal (14.12%), Fat: 20.63g (31.74%), Saturated Fat: 5.64g (35.25%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.37g (0.41%), Cholesterol: 119.8mg (39.93%), Sodium: 303.9mg (13.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.31g (42.62%), Selenium: 23.27µg (33.25%), Vitamin B3: 6.18mg (30.89%), Vitamin B6: 0.43mg (21.28%), Phosphorus: 204.52mg (20.45%), Vitamin K: 16.41µg (15.63%), Vitamin B5: 1.3mg (13%), Zinc: 1.94mg (12.92%), Vitamin B12: 0.72µg (12.02%), Vitamin B2: 0.19mg (11.23%), Potassium: 301.55mg

(8.62%), Magnesium: 27.64mg (6.91%), Vitamin B1: 0.1mg (6.71%), Vitamin A: 300.15IU (6%), Iron: 1.03mg (5.72%), Vitamin C: 3.97mg (4.81%), Copper: 0.08mg (4.17%), Vitamin E: 0.42mg (2.79%), Manganese: 0.05mg (2.73%), Folate: 10.34µg (2.59%), Calcium: 18.41mg (1.84%), Fiber: 0.32g (1.28%)