



Skinny Thai Chicken Soup

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon canola oil
- 1 small onion cut into thin wedges (1 cup)
- 6 oz mushrooms fresh sliced
- 0.5 medium bell pepper red cut into thin bite-size strips (1 cup)
- 2 cloves garlic finely chopped
- 1 teaspoon curry paste red
- 32 oz chicken broth reduced-sodium (4 cups)
- 1.5 cups chicken shredded cooked

- 1 teaspoon brown sugar packed
- 0.3 teaspoon salt
- 1 tablespoon cornstarch
- 2 tablespoons water cold
- 14 oz coconut milk reduced-fat canned (lite) (not cream of coconut)
- 4 cups baby spinach fresh
- 2 tablespoons cilantro leaves fresh chopped
- 1 serving lime wedges

Equipment

- bowl
- dutch oven

Directions

- In 4-quart nonstick Dutch oven, heat oil over medium heat.
- Add onion and mushrooms; cook 3 minutes, stirring frequently.
- Add bell pepper and garlic; cook 2 to 3 minutes longer, stirring frequently, until vegetables are tender.
- Remove from heat; stir in curry paste until melted.
- Stir in broth, chicken, brown sugar and salt. Return to heat.
- Heat to boiling. Reduce heat; simmer uncovered 5 minutes, stirring frequently.
- In small bowl, stir cornstarch and water until smooth.
- Add cornstarch mixture and coconut milk to soup mixture; heat to boiling. Cook over medium heat about 2 minutes, stirring frequently, until slightly thickened.
- Stir in spinach and cilantro. Cook about 1 minute or just until mixture is hot and spinach is wilted.
- Serve soup with lime wedges.

Nutrition Facts



■ PROTEIN 19.55% ■ FAT 65.45% ■ CARBS 15%

Properties

Glycemic Index:36.17, Glycemic Load:0.76, Inflammation Score:-9, Nutrition Score:19.026956553045%

Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 253.78kcal (12.69%), Fat: 19.33g (29.74%), Saturated Fat: 14.72g (92.03%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 7.31g (2.66%), Sugar: 5.14g (5.71%), Cholesterol: 29.27mg (9.76%), Sodium: 712.9mg (31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.99g (25.99%), Vitamin K: 98.11µg (93.43%), Vitamin A: 2343.92IU (46.88%), Manganese: 0.92mg (45.95%), Vitamin C: 22.09mg (26.78%), Vitamin B3: 4.88mg (24.4%), Selenium: 16.41µg (23.44%), Phosphorus: 181.36mg (18.14%), Vitamin B2: 0.31mg (17.96%), Copper: 0.35mg (17.31%), Folate: 62.86µg (15.72%), Potassium: 526.87mg (15.05%), Vitamin B6: 0.29mg (14.48%), Magnesium: 54.49mg (13.62%), Iron: 2.42mg (13.44%), Fiber: 2.66g (10.63%), Vitamin B5: 0.97mg (9.66%), Zinc: 1.39mg (9.29%), Vitamin B1: 0.12mg (8.14%), Vitamin E: 0.85mg (5.66%), Calcium: 48.77mg (4.88%), Vitamin B12: 0.14µg (2.38%)