



Slow-Cooker Thai Coconut Chicken Soup

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

READY IN



360 min.

SERVINGS



9

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots diagonally sliced
- 1 cup onion chopped
- 1 medium bell pepper red cut into strips
- 4 cloves garlic finely chopped
- 2 tablespoons ginger grated
- 2 tablespoons fish sauce
- 2 tablespoons curry paste red
- 1 teaspoon vegetable oil

- 1.5 lb chicken thighs boneless skinless
- 2 cups chicken broth (from 32-oz carton)
- 14 oz coconut milk canned (not cream of coconut)
- 8 oz mushrooms fresh sliced (3 cups)
- 0.3 cup basil fresh chopped
- 2 tablespoons juice of lime fresh

Equipment

- frying pan
- slow cooker

Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In slow cooker, mix carrots, onion, bell pepper, garlic, gingerroot, fish sauce and curry paste. In 12-inch skillet, heat oil over medium-high heat. Cook chicken in oil 6 minutes, turning once, until browned on both sides.
- Place chicken over vegetables in slow cooker.
- Pour broth over chicken.
- Cover; cook on Low heat setting 5 hours or until chicken is tender.
- Remove chicken from slow cooker to plate; shred, using 2 forks. Return chicken to slow cooker. Stir in coconut milk, mushrooms and basil. Cover; cook 30 minutes longer or until mushrooms are tender. Stir in lime juice before serving.

Nutrition Facts



PROTEIN 29.58% **FAT 55.62%** **CARBS 14.8%**

Properties

Glycemic Index:28.09, Glycemic Load:1.33, Inflammation Score:-9, Nutrition Score:16.495217399753%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.89mg,

Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 230.32kcal (11.52%), Fat: 14.66g (22.55%), Saturated Fat: 10.31g (64.42%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 6.37g (2.31%), Sugar: 4.66g (5.18%), Cholesterol: 72.86mg (24.29%), Sodium: 594.54mg (25.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.54g (35.08%), Vitamin A: 3371.93IU (67.44%), Selenium: 23.06µg (32.94%), Vitamin B3: 6mg (29.98%), Manganese: 0.55mg (27.67%), Vitamin C: 22.76mg (27.58%), Vitamin B6: 0.49mg (24.69%), Phosphorus: 226.49mg (22.65%), Vitamin B2: 0.3mg (17.38%), Vitamin B5: 1.49mg (14.94%), Potassium: 519.29mg (14.84%), Copper: 0.28mg (13.81%), Magnesium: 50.26mg (12.57%), Zinc: 1.75mg (11.64%), Iron: 1.8mg (10.01%), Fiber: 2.41g (9.63%), Vitamin B1: 0.14mg (9.35%), Vitamin B12: 0.52µg (8.73%), Vitamin K: 8.56µg (8.16%), Folate: 29.56µg (7.39%), Vitamin E: 0.59mg (3.94%), Calcium: 37.11mg (3.71%)