



Soto Ayam

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups bean sprouts rinsed drained
- ☐ 4 ounces bean thread noodles dried (saifun)
- ☐ 0.3 cup blanched almonds and salted
- ☐ 3 cups cabbage shredded finely
- ☐ 8 servings chili sambal fresh red hot minced
- ☐ 2.5 quarts fat-skimmed chicken broth
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 6 slices galangal fresh thin (the size of a quarter)

- ☐ 0.3 cup garlic cloves peeled
- ☐ 1 cup green onions thinly sliced
- ☐ 1 teaspoon ground turmeric
- ☐ 4 large hard-cooked eggs shelled cut into wedges
- ☐ 1 stalk lemon grass fresh yellow (12 to 15 in.) ()
- ☐ 8 servings lime wedges
- ☐ 1 cup roma tomatoes diced
- ☐ 1 tablespoon salad oil
- ☐ 8 servings salt and pepper
- ☐ 0.5 cup fried shallots
- ☐ 1 cup shallots sliced
- ☐ 1.5 pounds boned rinsed

Equipment

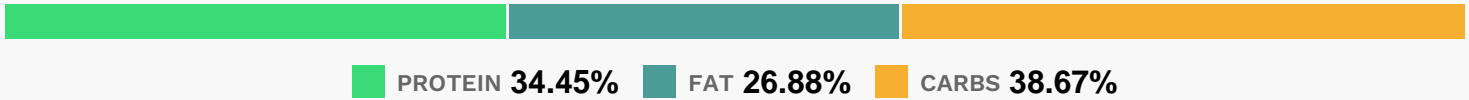
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ knife
- ☐ blender
- ☐ kitchen scissors

Directions

- ☐ In a food processor, combine garlic, sliced shallots, macadamia nuts, galangal, and turmeric. Whirl mixture to a paste, scraping container sides as needed. (Or chop ingredients with a knife, then whirl in a blender to a paste.)
- ☐ In a 5- to 6-quart pan over high heat, stir the paste and the oil until mixture barely begins to brown, about 3 minutes. Stir in broth, cover, and bring to a boil.
- ☐ Meanwhile, trim stem end and any tough leaves off lemon grass and pull off coarse outer layer. Crush stalk with the back of a knife, then cut into 3-inch pieces.

- ☐ Add to broth.
- ☐ Add chicken breasts to broth. Cover, bring to a boil, then reduce heat to low and simmer until the breasts are no longer pink in center of thickest part (cut to test), 15 to 20 minutes. Lift out chicken and let cool at least 10 minutes. Skim fat from broth. (Or if making ahead, cover and chill the broth and the chicken separately. Lift off and discard fat from the chilled broth.)
- ☐ In a bowl, pour 5 cups hot water over bean thread noodles.
- ☐ Let stand until the noodles are tender to bite, about 5 minutes; drain. If desired, snip through noodles with scissors to make shorter strands.
- ☐ Season broth with salt and pepper to taste. Return to a boil over high heat.
- ☐ Tear the chicken into shreds. In individual small bowls, mound shredded chicken, bean thread noodles, cabbage, bean sprouts, green onions, tomatoes, cilantro, egg wedges, potato chips, fried shallots, lime wedges, and chili sambal.
- ☐ Pour hot broth into a tureen or pitcher.
- ☐ Let guests place desired portions of the chicken, noodles, cabbage, bean sprouts, green onions, tomatoes, cilantro, and eggs in wide bowls. Ladle or pour hot broth into bowls.
- ☐ Sprinkle with potato chips and fried shallots.
- ☐ Add juice from lime wedges, chili sambal, and more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:3.61, Inflammation Score:-10, Nutrition Score:26.923913105674%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 312.47kcal (15.62%), Fat: 9.52g (14.65%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 30.82g (10.27%), Net Carbohydrates: 26.47g (9.63%), Sugar: 8.57g (9.52%), Cholesterol: 147.68mg (49.23%), Sodium: 1554.24mg

(67.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.45g (54.91%), Vitamin K: 70.62µg (67.25%), Selenium: 44.5µg (63.57%), Vitamin B3: 11.62mg (58.09%), Vitamin B6: 1.1mg (55.21%), Vitamin C: 42.88mg (51.98%), Phosphorus: 360.87mg (36.09%), Manganese: 0.68mg (33.99%), Potassium: 910.04mg (26%), Vitamin B2: 0.41mg (24.02%), Vitamin B5: 2.38mg (23.82%), Folate: 87.61µg (21.9%), Iron: 3.25mg (18.03%), Magnesium: 71.43mg (17.86%), Fiber: 4.35g (17.4%), Vitamin B12: 1.04µg (17.32%), Vitamin A: 793.73IU (15.87%), Copper: 0.31mg (15.74%), Vitamin B1: 0.24mg (15.71%), Vitamin E: 2.13mg (14.22%), Zinc: 1.63mg (10.89%), Calcium: 100.65mg (10.06%), Vitamin D: 0.63µg (4.23%)