



Spicy Asian Chicken and Noodle Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots grated (1 medium)
- ☐ 1.5 cups rotisserie chicken cut shredded
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 inch ginger fresh peeled
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 3 cups beef broth fat-free

- ☐ 2 teaspoons soy sauce
- ☐ 3 ounces rice uncooked (rice-flour noodles)
- ☐ 0.5 cup snow peas thinly sliced
- ☐ 2 teaspoons sriracha such as huy fong) hot
- ☐ 1.5 teaspoons curry paste red
- ☐ 1.5 cups water
- ☐ 6 cups water

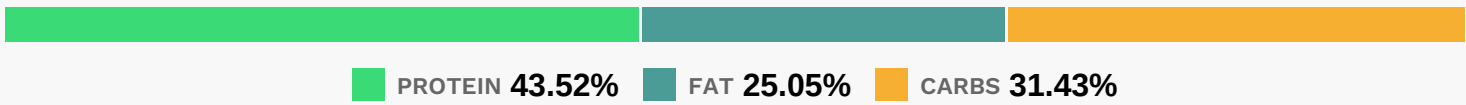
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Bring first 9 ingredients to a simmer in a medium saucepan; keep warm.
- ☐ Bring 6 cups water to a boil in a large saucepan.
- ☐ Add rice noodles; cook 3 minutes.
- ☐ Drain.
- ☐ Place about 1/4 cup rice noodles in each of 4 bowls.
- ☐ Discard ginger.
- ☐ Add juice to broth mixture; stir. Ladle 1 1/3 cups broth mixture over each serving; top with 1 tablespoon each mint, cilantro, and green onions.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:10.92, Inflammation Score:-9, Nutrition Score:8.8947827608689%

Flavonoids

Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 275.55kcal (13.78%), Fat: 7.68g (11.81%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 20.03g (7.28%), Sugar: 1.74g (1.93%), Cholesterol: 85.17mg (28.39%), Sodium: 818.38mg (35.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30g (59.99%), Vitamin A: 3355.81IU (67.12%), Vitamin K: 21.31µg (20.29%), Manganese: 0.35mg (17.59%), Vitamin C: 13.59mg (16.47%), Potassium: 529.21mg (15.12%), Copper: 0.16mg (8.1%), Fiber: 1.64g (6.55%), Magnesium: 22mg (5.5%), Vitamin B6: 0.1mg (4.98%), Folate: 19.69µg (4.92%), Selenium: 3.4µg (4.86%), Phosphorus: 47.47mg (4.75%), Iron: 0.84mg (4.68%), Calcium: 46.43mg (4.64%), Vitamin B5: 0.39mg (3.93%), Vitamin B3: 0.73mg (3.64%), Vitamin B1: 0.05mg (3.58%), Vitamin B2: 0.05mg (3.12%), Zinc: 0.44mg (2.97%), Vitamin E: 0.27mg (1.77%)