



Spicy Chicken Thai Noodle Soup

 Dairy Free

READY IN



510 min.

SERVINGS



12

CALORIES



201 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 large carrots cut into 1 inch pieces
- ☐ 4 large stalks celery cut into 1 inch pieces
- ☐ 5 cups chicken broth
- ☐ 1 tablespoon curry powder
- ☐ 0.5 tablespoon sage dried
- ☐ 3 cloves garlic chopped
- ☐ 3 green onions chopped
- ☐ 1 teaspoon ground pepper

- ☐ 1 teaspoon ground pepper black
- ☐ 1 onion chopped
- ☐ 0.5 tablespoon oregano dried
- ☐ 0.5 tablespoon poultry seasoning
- ☐ 1 chile pepper fresh red seeded chopped
- ☐ 12 ounce rice noodles dried
- ☐ 0.5 teaspoon salt
- ☐ 3 chicken breast halves boneless skinless cut into 1 inch cubes
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 1 cup white wine

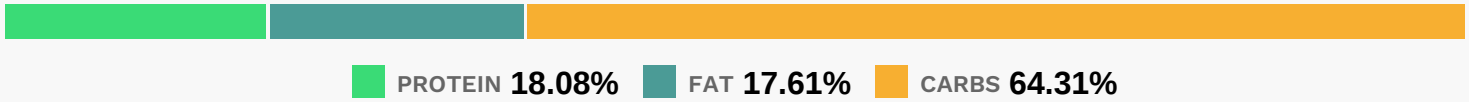
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In a slow cooker on low heat, combine chicken broth, wine, water, onion, green onion, garlic, carrots, celery, salt, black pepper, curry, sage, poultry seasoning, oregano and cayenne.
- ☐ In a skillet over medium heat, cook chicken in oil until brown. Stir into slow cooker.
- ☐ Cook soup 8 hours on low or 5 hours on high.
- ☐ About halfway through the cooking time, stir in the red pepper. 15 minutes prior to serving, stir in the noodles.

Nutrition Facts



Properties

Glycemic Index:29.99, Glycemic Load:14.8, Inflammation Score:-10, Nutrition Score:11.955217379591%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 200.56kcal (10.03%), Fat: 3.61g (5.56%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 27.66g (10.06%), Sugar: 2.64g (2.93%), Cholesterol: 20.04mg (6.68%), Sodium: 575.51mg (25.02%), Alcohol: 2.06g (100%), Alcohol %: 1.04% (100%), Protein: 8.35g (16.69%), Vitamin A: 4233.64IU (84.67%), Vitamin K: 23.14µg (22.03%), Selenium: 14.13µg (20.19%), Manganese: 0.37mg (18.44%), Vitamin B3: 3.66mg (18.28%), Vitamin B6: 0.33mg (16.34%), Phosphorus: 131.51mg (13.15%), Vitamin C: 9.27mg (11.24%), Potassium: 311.03mg (8.89%), Fiber: 2.04g (8.16%), Vitamin B2: 0.13mg (7.6%), Magnesium: 23.94mg (5.98%), Vitamin B5: 0.56mg (5.63%), Iron: 0.98mg (5.43%), Vitamin B1: 0.08mg (5.37%), Vitamin E: 0.73mg (4.84%), Folate: 18.01µg (4.5%), Copper: 0.09mg (4.37%), Zinc: 0.63mg (4.2%), Calcium: 42.03mg (4.2%), Vitamin B12: 0.08µg (1.27%)