



Spicy Chicken Thai Soup



Gluten Free



Dairy Free



Popular

READY IN



75 min.

SERVINGS



6

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce coconut milk canned
- ☐ 4 cups chicken broth
- ☐ 0.5 bunch cilantro leaves roughly chopped
- ☐ 3 tablespoons fish sauce
- ☐ 4 inch ginger root fresh chopped
- ☐ 4 cloves garlic chopped
- ☐ 1 jalapeno fresh sliced into rings
- ☐ 3 lemongrass stalks thinly sliced

- ☐ 1 lime for serving cut into wedges,
- ☐ 2 teaspoons curry paste red
- ☐ 1 onion red sliced
- ☐ 2.5 pounds chicken thighs boneless skinless cut into chunks
- ☐ 1 tablespoon vegetable oil
- ☐ 12 ounces mushrooms fresh white quartered

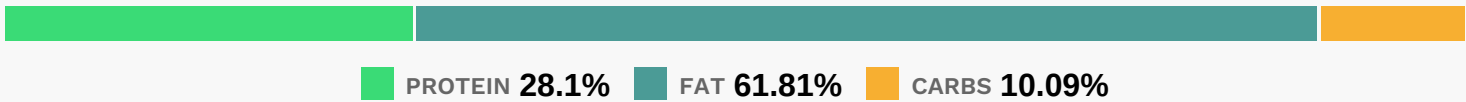
Equipment

- ☐ pot

Directions

- ☐ Stir lemon grass, garlic, and ginger together in a large stock pot over medium-high heat. Stir in chicken broth and bring to a boil. Reduce heat to low and simmer for 30 minutes.
- ☐ Strain chicken broth and set aside. Discard lemon grass, garlic, and ginger.
- ☐ Heat vegetable oil in a large soup pot over medium heat; Stir in chicken; cook and stir for 5 minutes.
- ☐ Stir in mushrooms and cook for 5 more minutes.
- ☐ Stir in red curry paste, fish sauce, and lime juice until combined. Stir in chicken broth and coconut milk; return to a simmer and cook on low for 15 to 20 minutes.
- ☐ Skim off any excess oil and fat that rises to the top and discard.
- ☐ Stir red onion into the chicken mixture; cook and stir until onion softens, about 5 minutes.
- ☐ Remove from heat and add about 1/2 the cilantro.
- ☐ Serve with plates of cilantro, lime wedges, and fresh sliced jalapenos.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:1.39, Inflammation Score:-7, Nutrition Score:30.011739347292%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 596.87kcal (29.84%), Fat: 42.28g (65.04%), Saturated Fat: 30.33g (189.59%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 11.15g (4.05%), Sugar: 7.83g (8.7%), Cholesterol: 182.68mg (60.89%), Sodium: 1481.08mg (64.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.24g (86.48%), Selenium: 58.12µg (83.03%), Manganese: 1.57mg (78.31%), Vitamin B3: 14.32mg (71.58%), Phosphorus: 556.8mg (55.68%), Vitamin B6: 1.05mg (52.56%), Vitamin B2: 0.68mg (39.83%), Copper: 0.71mg (35.31%), Vitamin B5: 3.46mg (34.64%), Potassium: 1138.29mg (32.52%), Magnesium: 121.87mg (30.47%), Zinc: 4.33mg (28.84%), Iron: 4.58mg (25.43%), Vitamin B12: 1.31µg (21.78%), Vitamin B1: 0.3mg (20.29%), Fiber: 4.38g (17.53%), Vitamin C: 13.56mg (16.43%), Folate: 50.82µg (12.71%), Vitamin K: 12.46µg (11.87%), Vitamin A: 388.49IU (7.77%), Calcium: 66.97mg (6.7%), Vitamin E: 0.93mg (6.23%)