



Spicy Thai Coconut Chicken Soup



Gluten Free



Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 8 ounces chicken breast shredded cooked
- ☐ 4 teaspoons fish sauce
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 4 teaspoons ginger fresh minced peeled
- ☐ 4 garlic cloves minced
- ☐ 0.5 cup green onion strips
- ☐ 3 inch lemongrass halved lengthwise

- ☐ 1.3 cups coconut milk light
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 cups lower-sodium chicken broth fat-free
- ☐ 1 cup mushrooms sliced
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoons sambal oelek fresh (ground chile paste)

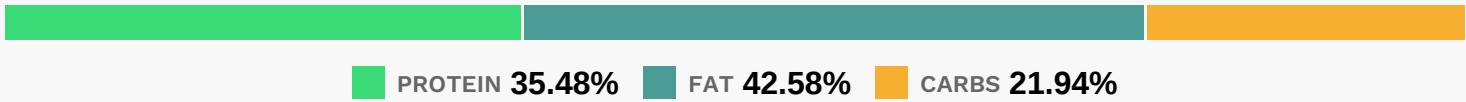
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add mushrooms and the next 4 ingredients (through lemongrass); cook 3 minutes, stirring occasionally.
- ☐ Add chile paste; cook 1 minute.
- ☐ Add Chicken Stock, coconut milk, fish sauce, and sugar; bring to a simmer. Reduce heat to low; simmer for 10 minutes.
- ☐ Add chicken to pan; cook 1 minute or until thoroughly heated. Discard lemongrass. Top with onions, cilantro, and juice.

Nutrition Facts



Properties

Glycemic Index:60.77, Glycemic Load:3.02, Inflammation Score:-6, Nutrition Score:12.693913141023%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 217.8kcal (10.89%), Fat: 10.16g (15.62%), Saturated Fat: 5.38g (33.6%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 10.66g (3.88%), Sugar: 5.18g (5.75%), Cholesterol: 42.52mg (14.17%), Sodium: 901.36mg (39.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.04g (38.08%), Vitamin C: 30.59mg (37.08%), Vitamin B3: 5.85mg (29.26%), Vitamin K: 29.27µg (27.88%), Selenium: 17.34µg (24.77%), Potassium: 724.33mg (20.7%), Vitamin B6: 0.39mg (19.69%), Manganese: 0.33mg (16.46%), Vitamin A: 761.2IU (15.22%), Phosphorus: 150.94mg (15.09%), Vitamin B2: 0.22mg (13.06%), Vitamin B5: 1.02mg (10.21%), Magnesium: 34.14mg (8.53%), Iron: 1.52mg (8.45%), Zinc: 1.23mg (8.21%), Copper: 0.15mg (7.74%), Folate: 30.85µg (7.71%), Vitamin B1: 0.09mg (5.7%), Vitamin E: 0.75mg (5.02%), Fiber: 1.11g (4.44%), Vitamin B12: 0.2µg (3.38%), Calcium: 30.38mg (3.04%)