



Spicy Thai-Flavor Soup

 Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon regular basil leaves
- ☐ 1 tablespoon peppercorns whole black
- ☐ 4 pound meat from a rotisserie chicken free-range
- ☐ 1 recipe asian chicken stock
- ☐ 1 teaspoon fish sauce to taste
- ☐ 2 tablespoons cilantro leaves fresh plus more for garnish chopped
- ☐ 2 inch ginger fresh thick sliced
- ☐ 4 cloves garlic

- ☐ 2 juice of lime
- ☐ 5 kaffir lime leaves fresh
- ☐ 10 servings kosher salt
- ☐ 1 stalk lemon zest smashed
- ☐ 4 juice and skin of 1 lime fresh
- ☐ 6 scallions
- ☐ 2 serrano chiles halved lengthwise
- ☐ 4 serrano chiles halved lengthwise
- ☐ 10 servings reserved shells from shrimp
- ☐ 1 pound shrimp shelled sliced in 1/2 lengthwise
- ☐ 15 ounce straw mushrooms drained and rinsed canned

Equipment

- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ For the stock: Put all the ingredients into a large pot and cover with water by 1-inch. Bring to a boil, skimming any foam that rises to the surface. Reduce the heat and simmer for 30 minutes.
- ☐ Remove the chicken and save it for another meal; strain the stock. Makes 10 to 12 cups.
- ☐ Put the Asian Chicken Stock into a pot over medium-high heat.
- ☐ Add the mushrooms, limes, chiles, fish sauce, and kaffir lime leaves, if using. Taste and adjust seasoning with salt.
- ☐ Add the shrimp and simmer just until the shrimp are cooked through, about 5 minutes, then add the cilantro and basil leaves. Taste and adjust seasoning.
- ☐ Serve garnished with cilantro leaves.

Nutrition Facts



 PROTEIN **30.47%**  FAT **28.77%**  CARBS **40.76%**

Properties

Glycemic Index:25.3, Glycemic Load:17.19, Inflammation Score:-5, Nutrition Score:17.507391240286%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 458.21kcal (22.91%), Fat: 14.57g (22.42%), Saturated Fat: 4.02g (25.1%), Carbohydrates: 46.46g (15.49%), Net Carbohydrates: 42.93g (15.61%), Sugar: 1.97g (2.19%), Cholesterol: 138.35mg (46.12%), Sodium: 524.9mg (22.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.73g (69.45%), Selenium: 54.75µg (78.21%), Manganese: 0.76mg (38.07%), Phosphorus: 365.94mg (36.59%), Vitamin B3: 7.12mg (35.6%), Copper: 0.47mg (23.57%), Vitamin B6: 0.44mg (21.91%), Zinc: 2.9mg (19.33%), Vitamin K: 19.46µg (18.54%), Magnesium: 72.5mg (18.12%), Iron: 2.64mg (14.66%), Potassium: 507.22mg (14.49%), Fiber: 3.52g (14.09%), Vitamin B5: 1.25mg (12.55%), Vitamin B2: 0.18mg (10.7%), Folate: 38.37µg (9.59%), Vitamin C: 6.8mg (8.24%), Vitamin B1: 0.12mg (7.98%), Calcium: 68.79mg (6.88%), Vitamin A: 252.09IU (5.04%), Vitamin B12: 0.27µg (4.55%), Vitamin E: 0.42mg (2.8%), Vitamin D: 0.17µg (1.16%)