



Thai Chicken and Coconut Soup



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups chicken stock see white
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ginger fresh minced peeled
- ☐ 1 tablespoon lemongrass fresh peeled chopped
- ☐ 14 ounce coconut milk light canned
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 1 pound chicken breast boneless skinless cut into bite-sized pieces

- ☐ 0.5 teaspoon thai chile seeded chopped
- ☐ 2 tablespoons thai fish sauce

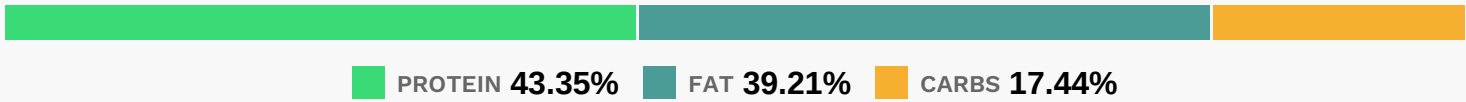
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 7 ingredients in a large saucepan. Bring to a simmer over medium heat; stir in chicken and coconut milk. Cook 3 minutes or until chicken is done.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:14.759130239487%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 285.57kcal (14.28%), Fat: 11.73g (18.04%), Saturated Fat: 7.83g (48.95%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 11.64g (4.23%), Sugar: 3.47g (3.86%), Cholesterol: 77.97mg (25.99%), Sodium: 1178.68mg (51.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.18g (58.35%), Vitamin B3: 14.93mg (74.63%), Selenium: 41.1µg (58.71%), Vitamin B6: 1mg (50.21%), Phosphorus: 291.3mg (29.13%), Potassium: 665.91mg (19.03%), Vitamin B5: 1.65mg (16.49%), Vitamin B2: 0.28mg (16.27%), Magnesium: 54.74mg (13.68%), Vitamin C: 8.04mg (9.75%), Vitamin B1: 0.14mg (9.48%), Copper: 0.14mg (7.11%), Zinc: 0.97mg (6.48%), Iron: 1mg (5.55%), Manganese: 0.11mg (5.45%), Folate: 20.91µg (5.23%), Vitamin B12: 0.27µg (4.5%), Vitamin E: 0.31mg (2.09%), Calcium: 18.32mg (1.83%), Vitamin A: 69.15IU (1.38%), Vitamin K: 1.39µg (1.32%)