



Thai chicken & mushroom broth



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1l chicken stock see hot
- ☐ 1 tbsp thai curry paste red
- ☐ 1 tbsp thai fish sauce
- ☐ 2 tsp sugar
- ☐ 2 lime zest
- ☐ 100 g portabello mushrooms sliced
- ☐ 1 bunch spring onion sliced
- ☐ 200 g meat from a rotisserie chicken shredded leftover

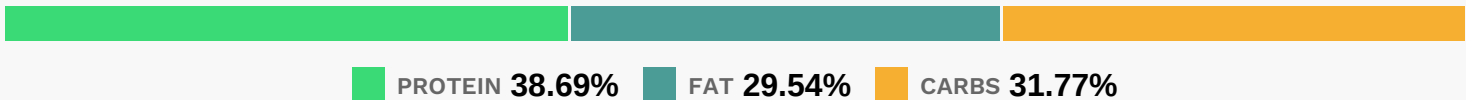
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Tip the stock into a saucepan, then stir in the curry paste, fish sauce, sugar, lime juice and most of the zest. Bring to the boil, then add the mushrooms and whites of the spring onion. Cover, then simmer for 2 mins.
- ☐ Stir in the chicken and most of the spring onion greens to gently heat through, then serve ladled into bowls and scattered with the remaining lime zest.
- ☐ Serve with extra lime juice, sugar and fish sauce on the side so everyone can adjust their own bowlfuls.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:2.38, Inflammation Score:-6, Nutrition Score:12.134782531987%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 206.24kcal (10.31%), Fat: 6.81g (10.47%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 14.91g (5.42%), Sugar: 7.86g (8.74%), Cholesterol: 45.11mg (15.04%), Sodium: 757.37mg (32.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.05g (40.1%), Vitamin B3: 9.27mg (46.37%), Selenium: 23.12µg (33.03%), Vitamin B6: 0.43mg (21.63%), Phosphorus: 200.04mg (20%), Vitamin B2: 0.34mg (19.77%), Potassium: 535.52mg (15.3%), Vitamin C: 11.72mg (14.21%), Vitamin A: 695.84IU (13.92%), Copper: 0.27mg (13.3%), Vitamin K: 13.13µg (12.5%), Vitamin B1: 0.15mg (9.89%), Iron: 1.64mg (9.1%), Zinc: 1.32mg (8.78%), Vitamin B5: 0.85mg (8.54%), Magnesium: 31.73mg (7.93%), Folate: 31µg (7.75%), Fiber: 1.56g (6.23%), Calcium: 36.94mg (3.69%), Vitamin B12: 0.18µg (2.98%), Manganese: 0.05mg (2.43%), Vitamin E: 0.19mg (1.25%)