



Thai Chicken Soup

 Dairy Free

READY IN



103 min.

SERVINGS



4

CALORIES



1191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 400 ml coconut milk canned
- 4 pound meat from a rotisserie chicken organic free range
- 1 large bunch coriander fresh
- 1 bulb garlic cut in 1/2
- 1 piece ginger sliced
- 2 sticks lemongrass roughly chopped
- 4 servings drizzle olive oil
- 2 chiles red seeds removed, 1 chopped and 1 finely sliced

- 1 onion red sliced
- 225 grams rice noodles
- 4 servings soya sauce
- 200 grams tamarind*
- 4 servings thai fish sauce

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Place the chicken in a large heavy-based saucepan, and add the tamarind, ginger, chopped chiles, onion, lemongrass and garlic. Finely slice the coriander stalks and add to the pan, keeping the leaves until later.
- Cover with water to the top and weight the chicken down with a heavy lid or a smaller pan that fits inside the cooking pan. Bring to the boil and slowly simmer for 1 hour to 1 hour and 30 minutes. Once cooked, remove the chicken and pull off the meat using a fork.
- Mash up the sauce and add the coconut milk and a lug of fish sauce.
- Put the rice noodles in a bowl, pour over boiling water and leave to stand for 3 minutes.
- Mix the coriander leaves with the finely sliced chile.
- Drain the noodles, place some in the bottom of each serving bowl, and dress with soy sauce to season. Pile the chicken on top, then pour over the strained sauce. Pile the chile and coriander mix on top and drizzle with olive oil.
- * Found in Asian markets.

Nutrition Facts

  
 PROTEIN **16.23%**  FAT **53.4%**  CARBS **30.37%**

Properties

Glycemic Index:71.75, Glycemic Load:46.84, Inflammation Score:-8, Nutrition Score:34.155652191328%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 1190.99kcal (59.55%), Fat: 71.76g (110.39%), Saturated Fat: 32.98g (206.12%), Carbohydrates: 91.81g (30.6%), Net Carbohydrates: 85.08g (30.94%), Sugar: 25.54g (28.38%), Cholesterol: 163.29mg (54.43%), Sodium: 1373.11mg (59.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.08g (98.16%), Manganese: 1.84mg (91.86%), Vitamin B3: 17.84mg (89.21%), Selenium: 47.46µg (67.8%), Phosphorus: 615.46mg (61.55%), Vitamin C: 43.5mg (52.73%), Vitamin B6: 1.04mg (52.24%), Magnesium: 156.66mg (39.17%), Iron: 6.89mg (38.29%), Potassium: 1237.86mg (35.37%), Zinc: 4.37mg (29.16%), Vitamin B1: 0.44mg (29.08%), Copper: 0.56mg (27.82%), Fiber: 6.74g (26.95%), Vitamin B2: 0.42mg (24.49%), Vitamin B5: 2.44mg (24.38%), Vitamin K: 22.67µg (21.59%), Vitamin E: 3.09mg (20.58%), Folate: 59.21µg (14.8%), Vitamin A: 670.16IU (13.4%), Vitamin B12: 0.68µg (11.33%), Calcium: 108.8mg (10.88%), Vitamin D: 0.44µg (2.9%)