

Thai Chicken Soup

 Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce coconut milk canned
- ☐ 1 tablespoon fish sauce plus more to taste
- ☐ 1 cup cilantro leaves fresh roughly chopped
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons curry paste green
- ☐ 1 tablespoon juice of lime fresh plus more to taste
- ☐ 6 cups chicken broth low-sodium
- ☐ 1 onion thinly sliced

- ☐ 2 bell peppers red thinly sliced
- ☐ 4 ounces rice noodles thin
- ☐ 1 pound chicken breasts boneless skinless very thinly sliced
- ☐ 1 tablespoon vegetable oil

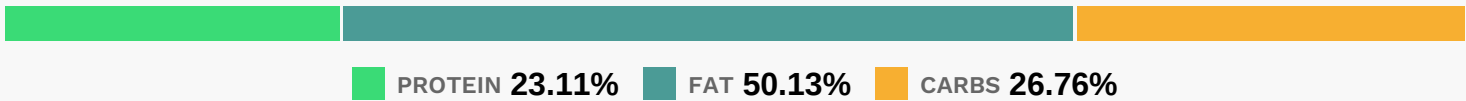
Equipment

- ☐ pot

Directions

- ☐ Heat the vegetable oil in a large pot over medium-high heat.
- ☐ Add the onion and cook, stirring occasionally, until softened and lightly browned, about 8 minutes.
- ☐ Add the garlic and curry paste and cook, stirring, 1 to 2 minutes.
- ☐ Add the chicken broth, coconut milk and fish sauce; cover and bring to a boil.
- ☐ Add the bell peppers and noodles and simmer, uncovered, until the noodles are al dente, about 3 minutes.
- ☐ Add the chicken and simmer until just cooked through, about 3 more minutes. Stir in the lime juice and cilantro.
- ☐ Add more fish sauce and lime juice, if desired.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:14.89, Inflammation Score:-10, Nutrition Score:32.969999842022%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Myricetin: 0.03mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Nutrients (% of daily need)

Calories: 604.44kcal (30.22%), Fat: 34.71g (53.39%), Saturated Fat: 24.55g (153.45%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 36.74g (13.36%), Sugar: 8.49g (9.43%), Cholesterol: 72.57mg (24.19%), Sodium: 664.32mg (28.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.99g (71.98%), Vitamin C: 85.86mg (104.07%), Vitamin B3: 18.33mg (91.63%), Selenium: 48.02µg (68.6%), Vitamin A: 3351.23IU (67.02%), Manganese: 1.29mg (64.37%), Vitamin B6: 1.17mg (58.7%), Phosphorus: 522.52mg (52.25%), Potassium: 1222.01mg (34.91%), Copper: 0.55mg (27.68%), Magnesium: 95.24mg (23.81%), Vitamin K: 22.06µg (21.01%), Vitamin B5: 2.09mg (20.89%), Iron: 3.75mg (20.82%), Fiber: 4.95g (19.78%), Vitamin B2: 0.29mg (17.27%), Folate: 60.19µg (15.05%), Zinc: 2.18mg (14.52%), Vitamin E: 1.71mg (11.39%), Vitamin B1: 0.16mg (10.73%), Vitamin B12: 0.6µg (10.04%), Calcium: 70.79mg (7.08%)