



Thai Chicken Soup

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bok choy chopped
- ☐ 2 cups chicken breast shredded boneless skinless
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.3 cup basil fresh
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 tablespoons garlic fresh minced
- ☐ 15 inch lemon grass fresh crushed peeled

- ☐ 2 tablespoons juice of lime fresh
- ☐ 14.5 ounce beef broth fat-free canned
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons shallots minced
- ☐ 2 cups water
- ☐ 2 cups grain pasta hot cooked (such as Annie Chun's)

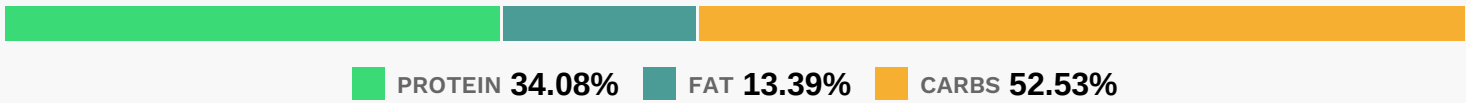
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a large saucepan over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add shallots; cook 1 minute, stirring frequently.
- ☐ Add garlic and ginger; cook 30 seconds, stirring constantly.
- ☐ Add broth; bring to a boil, scraping pan to loosen browned bits.
- ☐ Add lemongrass and 2 cups water to broth mixture; bring to a boil. Reduce heat; simmer 10 minutes. Stir in chicken and bok choy; simmer 5 minutes. Discard lemongrass.
- ☐ Remove from heat; stir in cilantro, basil, lime juice, and salt.
- ☐ Place 1/2 cup noodles in each of 4 bowls; top each serving with 1 1/4 cups soup.
- ☐ Sprinkle with red pepper.

Nutrition Facts



Properties

Glycemic Index:60.13, Glycemic Load:14.34, Inflammation Score:-8, Nutrition Score:17.402173664259%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 246.4kcal (12.32%), Fat: 3.71g (5.7%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 29.76g (10.82%), Sugar: 1.75g (1.95%), Cholesterol: 48mg (16%), Sodium: 459.41mg (19.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.46%), Manganese: 1.16mg (58.17%), Vitamin B3: 8.3mg (41.51%), Vitamin B6: 0.73mg (36.54%), Selenium: 25.01µg (35.73%), Vitamin A: 1756.97IU (35.14%), Vitamin C: 21.86mg (26.5%), Vitamin K: 26.24µg (24.99%), Potassium: 774.82mg (22.14%), Phosphorus: 203.16mg (20.32%), Iron: 2.35mg (13.04%), Fiber: 2.95g (11.82%), Vitamin B5: 1.18mg (11.77%), Folate: 45.43µg (11.36%), Magnesium: 43.83mg (10.96%), Vitamin B2: 0.14mg (7.99%), Calcium: 71.21mg (7.12%), Zinc: 1.04mg (6.93%), Copper: 0.13mg (6.49%), Vitamin B1: 0.09mg (6.02%), Vitamin E: 0.41mg (2.71%), Vitamin B12: 0.15µg (2.5%)