



Thai chicken soup

 Dairy Free  Very Healthy

READY IN



100 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 140 g wholewheat noodles
- ☐ 100 g beansprouts
- ☐ 2 pak choi separated
- ☐ 1 chilli red deseeded sliced
- ☐ 1 tbsp soya sauce
- ☐ 2 tbsp honey
- ☐ 1 juice of lime
- ☐ 4 spring onion sliced

- ☐ 0.5 small bunch mint leaves roughly chopped
- ☐ 1 roast chicken carcass and wings
- ☐ 1 piece thumb-sized ginger sliced
- ☐ 1 garlic clove crushed
- ☐ 2 spring onion sliced
- ☐ 5 peppercorns

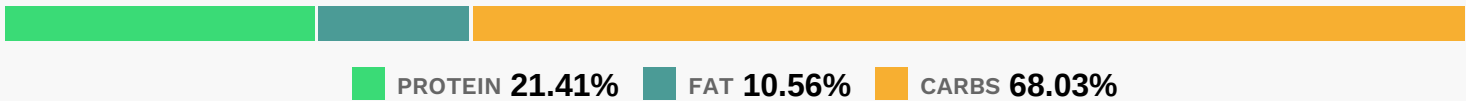
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot

Directions

- ☐ To make the broth, place the chicken carcass and wings in a large pan. Cover with cold water, then add the rest of the ingredients and simmer for 1 hr.
- ☐ Strain the chicken broth into a clean pan. Carefully pick out any pieces of chicken and return to the broth.
- ☐ Put the broth back on the heat and bring back to the boil.
- ☐ Add the noodles and cook for 3 mins until tender, then stir in the beansprouts, pak choi, red chilli, soy sauce, honey and lime juice, adding the squeezed lime halves to the pot, too. Can be frozen at this point. Cook for 2 mins more. Ladle the soup into bowls, scatter over the spring onions and mint leaves, and serve with the lime wedges for squeezing over.

Nutrition Facts



Properties

Glycemic Index:63.32, Glycemic Load:5.31, Inflammation Score:-10, Nutrition Score:39.189565438939%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 18.52mg, Kaempferol: 18.52mg, Kaempferol: 18.52mg, Kaempferol: 18.52mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 10.66mg, Quercetin: 10.66mg, Quercetin: 10.66mg, Quercetin: 10.66mg

Nutrients (% of daily need)

Calories: 260.51kcal (13.03%), Fat: 3.41g (5.25%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 49.46g (16.49%), Net Carbohydrates: 43.97g (15.99%), Sugar: 15.87g (17.63%), Cholesterol: 9.25mg (3.08%), Sodium: 542.44mg (23.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.57g (31.14%), Vitamin A: 19100.81IU (382.02%), Vitamin C: 214.72mg (260.26%), Vitamin K: 238.45µg (227.09%), Manganese: 1.91mg (95.33%), Folate: 329.56µg (82.39%), Vitamin B6: 1.05mg (52.61%), Calcium: 480.21mg (48.02%), Selenium: 30.08µg (42.97%), Potassium: 1314.1mg (37.55%), Magnesium: 147.61mg (36.9%), Iron: 5.57mg (30.96%), Phosphorus: 296.18mg (29.62%), Vitamin B3: 5.26mg (26.29%), Vitamin B1: 0.39mg (26.04%), Vitamin B2: 0.42mg (24.98%), Fiber: 5.5g (21.98%), Copper: 0.34mg (17.19%), Zinc: 2.06mg (13.73%), Vitamin B5: 0.98mg (9.82%), Vitamin E: 0.64mg (4.26%)