



Thai Coconut Soup

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil fresh
- 13.5 oz coconut milk canned
- 2 tablespoons bell pepper fresh red or any hot pepper, if desired sliced
- 32 oz chicken broth (4 cups)
- 1 teaspoon fish sauce
- 0.3 cup cilantro leaves fresh coarsely chopped
- 1 cup mushrooms fresh sliced
- 1 clove garlic grated

- 1 teaspoon ginger grated
- 0.3 cup spring onion chopped (4 medium)
- 0.3 cup juice of lime fresh
- 1 strip lime zest (2 inch) (use vegetable peeler to remove from lime)
- 1 lb chicken breast boneless skinless

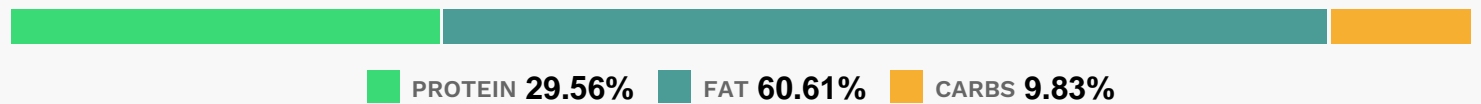
Equipment

- frying pan
- sauce pan

Directions

- In 12-inch skillet, heat chicken and broth to boiling. Cook over medium heat about 20 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165F).
- Remove chicken from broth to plate. Measure out 2 cups broth; place in 3-quart saucepan. (If more liquid is needed, add water.)
- Use 2 forks to shred chicken.
- Add to broth in saucepan.
- Add coconut milk, mushrooms, lime peel, lime juice, gingerroot, fish sauce and garlic.
- Heat to boiling. Cook over medium heat until mushrooms are tender, 15 to 20 minutes.
- Remove soup from heat. Stir in basil, cilantro and green onions.
- Garnish each serving with red pepper.

Nutrition Facts



Properties

Glycemic Index:68.75, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:21.861739122349%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg,

Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 377.98kcal (18.9%), Fat: 26.33g (40.5%), Saturated Fat: 20.88g (130.51%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 6.86g (2.49%), Sugar: 5.33g (5.93%), Cholesterol: 77.11mg (25.7%), Sodium: 1108.47mg (48.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.89g (57.77%), Vitamin B3: 14.09mg (70.43%), Selenium: 45.68µg (65.25%), Manganese: 1.07mg (53.28%), Vitamin B6: 0.95mg (47.45%), Phosphorus: 372mg (37.2%), Potassium: 852.66mg (24.36%), Vitamin B5: 2.23mg (22.26%), Vitamin K: 22.92µg (21.83%), Vitamin B2: 0.36mg (21.15%), Copper: 0.42mg (20.9%), Vitamin C: 17.16mg (20.8%), Magnesium: 76.61mg (19.15%), Iron: 2.49mg (13.83%), Vitamin B1: 0.18mg (11.83%), Zinc: 1.66mg (11.08%), Fiber: 2.76g (11.03%), Folate: 34.1µg (8.52%), Vitamin A: 401.12IU (8.02%), Vitamin B12: 0.29µg (4.82%), Calcium: 43.29mg (4.33%), Vitamin E: 0.63mg (4.22%), Vitamin D: 0.16µg (1.08%)