



Thai Peanut Chicken Noodle Soup

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bean sprouts
- ☐ 2 tablespoons brown sugar
- ☐ 1 cup butternut squash diced peeled
- ☐ 14 ounce coconut milk canned
- ☐ 4 cups chicken broth
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 green onions sliced
- ☐ 8 ounces mushrooms sliced

- ☐ 0.3 cup peanut butter
- ☐ 0.3 cup peanuts toasted coarsely chopped
- ☐ 1 bell pepper red thinly sliced
- ☐ 0.3 cup curry paste red
- ☐ 6 ounces rice noodles
- ☐ 1 pound chicken breasts boneless skinless
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon tamarind concentrate or
- ☐ 0.5 teaspoon turmeric

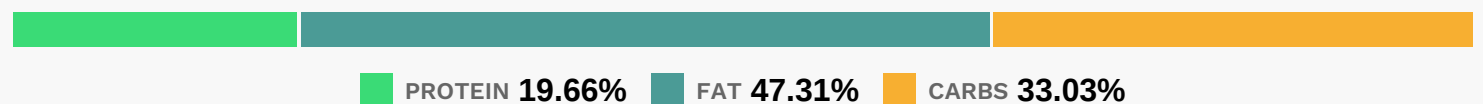
Equipment

- ☐ sauce pan
- ☐ immersion blender

Directions

- ☐ Heat the thick part from the top of the can of coconut milk in a large saucepan over medium heat, add the the curry paste and let them sizzle until fragrant, about a minute.
- ☐ Add the coconut milk, chicken broth, chicken, sweet potato, peanut butter, tamarind, fish sauce, sugar and turmeric, bring to a boil reduce the heat and simmer until the chicken is cooked and the sweet potato is tender, about 15–20 minutes.
- ☐ Remove the chicken from the soup, shred or slice it and optionally puree the sweet potato with a hand blender before returning the chicken to the soup.
- ☐ Add the mushrooms, red bell pepper and rice noodles and cook until the noodles are tender, about 5 minutes.
- ☐ Mix in the bean sprouts, remove from heat and serve garnished with cilantro, chopped peanuts and green onions.

Nutrition Facts



Properties

Glycemic Index:47.38, Glycemic Load:15.41, Inflammation Score:-10, Nutrition Score:30.819130451783%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 542.57kcal (27.13%), Fat: 29.57g (45.49%), Saturated Fat: 16.73g (104.58%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 40.72g (14.81%), Sugar: 13.85g (15.39%), Cholesterol: 51.52mg (17.17%), Sodium: 1273.03mg (55.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.64g (55.28%), Vitamin A: 4773.4IU (95.47%), Vitamin B3: 14mg (69.99%), Manganese: 1.39mg (69.62%), Selenium: 38.75µg (55.36%), Vitamin C: 40.34mg (48.9%), Vitamin B6: 0.87mg (43.71%), Phosphorus: 416.67mg (41.67%), Magnesium: 120.36mg (30.09%), Copper: 0.57mg (28.36%), Potassium: 970.4mg (27.73%), Vitamin B2: 0.44mg (25.71%), Vitamin B5: 2.36mg (23.63%), Fiber: 5.72g (22.87%), Folate: 90.89µg (22.72%), Vitamin K: 23.37µg (22.26%), Iron: 3.46mg (19.2%), Vitamin B1: 0.28mg (18.46%), Vitamin E: 2.35mg (15.64%), Zinc: 2.16mg (14.4%), Calcium: 82.74mg (8.27%), Vitamin B12: 0.23µg (3.77%), Vitamin D: 0.15µg (1.01%)