



Thai-Style Chicken and Rice Soup



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons asian fish sauce
- ☐ 2 cups cilantro leaves plus) fresh whole loosely packed chopped
- ☐ 1 teaspoon coriander seeds crushed
- ☐ 2 inch ginger fresh peeled coarsely chopped
- ☐ 4 garlic cloves coarsely chopped
- ☐ 1 cup jasmine rice
- ☐ 2 tablespoons juice of lime fresh
- ☐ 8 servings accompaniment: lime wedges

- ☐ 64 fl. oz. chicken broth low-sodium
- ☐ 1.5 teaspoons salt to taste
- ☐ 0.8 lb chicken breast boneless skinless deveined peeled thinly sliced cut lengthwise into thin strips, or 3/4 lb medium shrimp in shell (31 to 35 per lb), and
- ☐ 0.3 lb snow peas trimmed
- ☐ 1 tablespoon thai curry paste green
- ☐ 13 oz coconut milk unsweetened well canned
- ☐ 4 cups water

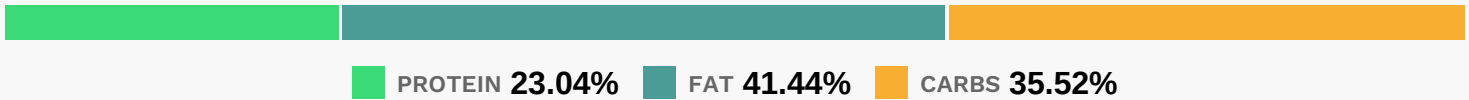
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ sieve

Directions

- ☐ Combine stock, water, curry paste, garlic, ginger, coriander seeds, and whole cilantro leaves in a 3- to 4-quart saucepan, then simmer, uncovered, until ginger is softened, about 15 minutes.
- ☐ Pour through a paper-towel-lined sieve into a 5- to 6-quart heavy pot and discard solids. Stir rice into soup and simmer, uncovered, stirring occasionally, until tender, about 15 minutes.
- ☐ Add chicken or shrimp and poach at a bare simmer, uncovered, until just cooked through, about 3 minutes. Stir in coconut milk, snow peas, and fish sauce and simmer, uncovered, until peas are crisp-tender, about 2 minutes.
- ☐ Remove from heat and stir in lime juice, salt, and chopped cilantro.
- ☐ *Available at Asian markets, some specialty foods shops, and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:11.34, Inflammation Score:-6, Nutrition Score:14.185217412918%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 292.91kcal (14.65%), Fat: 13.89g (21.37%), Saturated Fat: 10.5g (65.62%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 24.71g (8.99%), Sugar: 2.9g (3.22%), Cholesterol: 27.22mg (9.07%), Sodium: 926.66mg (40.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.76%), Vitamin B3: 8.67mg (43.33%), Manganese: 0.78mg (38.89%), Selenium: 20.8µg (29.71%), Phosphorus: 247.3mg (24.73%), Vitamin B6: 0.47mg (23.25%), Copper: 0.36mg (17.99%), Potassium: 592.63mg (16.93%), Vitamin C: 13.59mg (16.47%), Vitamin K: 16.15µg (15.38%), Vitamin A: 735.12IU (14.7%), Magnesium: 52.07mg (13.02%), Iron: 2.13mg (11.85%), Vitamin B5: 1.08mg (10.78%), Vitamin B2: 0.15mg (8.76%), Fiber: 2.08g (8.31%), Zinc: 1.16mg (7.76%), Vitamin B12: 0.34µg (5.72%), Vitamin B1: 0.09mg (5.68%), Folate: 22.34µg (5.59%), Calcium: 48.21mg (4.82%), Vitamin E: 0.35mg (2.31%)