



Thai-Style Chicken Curry Soup



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 oz chicken broth (4 cups)
- ☐ 3 tablespoons brown sugar packed
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons rice vinegar
- ☐ 2 teaspoons curry powder
- ☐ 0.5 cup bell pepper red coarsely chopped
- ☐ 1 tablespoon jalapeno seeded finely chopped
- ☐ 2 cups rotisserie chicken cut chopped (from 2- to 2 1/2-lb chicken)

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2 tablespoon cilantro leaves fresh chopped

Equipment

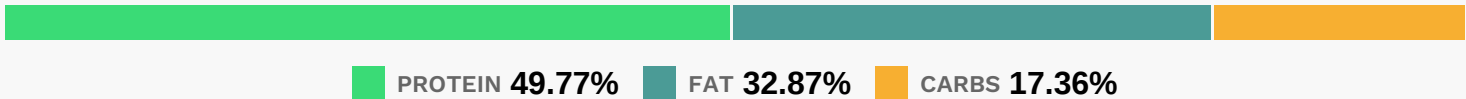
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sauce pan

Directions

- ☐ In 3-quart saucepan, mix all ingredients except chicken and cilantro.
- ☐ Heat to boiling over medium-high heat. Reduce heat to medium. Simmer uncovered 3 to 5 minutes or until bell pepper is crisp-tender.
- ☐ Stir in chicken. Cook 1 to 2 minutes or until chicken is hot. Just before serving, add cilantro.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:5.4552174443784%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 281.53kcal (14.08%), Fat: 10.36g (15.94%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 11.4g (4.15%), Sugar: 10.85g (12.05%), Cholesterol: 118.1mg (39.37%), Sodium: 1758.78mg (76.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.29g (70.58%), Vitamin C: 28.46mg (34.49%), Vitamin A: 651.47IU (13.03%), Manganese: 0.23mg (11.38%), Vitamin B2: 0.17mg (9.95%), Vitamin B3: 1.13mg (5.65%), Vitamin B6: 0.1mg (5.17%), Vitamin E: 0.74mg (4.96%), Iron: 0.83mg (4.6%), Vitamin B1: 0.07mg (4.48%), Potassium: 137.1mg (3.92%), Fiber: 0.91g (3.62%), Folate: 12.95µg (3.24%), Copper: 0.06mg (3.22%), Phosphorus: 30.86mg (3.09%), Vitamin K: 3.22µg (3.07%), Magnesium: 12.15mg (3.04%), Calcium: 25.49mg (2.55%), Zinc: 0.29mg (1.96%), Selenium: 1.33µg (1.91%), Vitamin B5: 0.14mg (1.38%)