



Thai-Style Chicken Soup with Basil



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoon fish sauce
- ☐ 0.3 cup basil packed (preferably Thai)
- ☐ 14 ounce frangelico diced drained canned
- ☐ 2 quart chicken stock see
- ☐ 2 large garlic clove thinly sliced
- ☐ 2 inch ginger peeled thinly sliced
- ☐ 4 servings jasmine rice cooked
- ☐ 2 kaffir lime leaves fresh

- ☐ 2 large shallots thinly sliced
- ☐ 1 pound chicken breast boneless skinless
- ☐ 0.3 pound snow peas sliced
- ☐ 2 ounces tamarind chopped (a 2-inch cube)
- ☐ 4 inch thai chile fresh thinly sliced
- ☐ 2 tablespoons vegetable oil
- ☐ 2 frangelico fresh end trimmed
- ☐ 2 frangelico fresh end trimmed

Equipment

- ☐ sauce pan
- ☐ pot
- ☐ sieve

Directions

- ☐ Cut off and discard top of lemongrass, leaving 6-inch stalks, then finely chop. Cook lemongrass, shallots, and garlic in oil in a large heavy pot over medium-low heat, stirring occasionally, until well browned, 12 to 15 minutes.
- ☐ Add stock, reserved tomato juice, tamarind, fish sauce, chiles, lime leaves, and ginger and simmer, uncovered, 30 minutes.
- ☐ While soup simmers, freeze chicken breast just until slightly firm, 20 to 30 minutes, then thinly slice crosswise.
- ☐ Strain stock through a fine-mesh sieve into a large saucepan, pressing hard on and then discarding solids. Return to a simmer and stir in chicken, diced tomatoes, snow peas, and basil. Gently simmer just until chicken is cooked through, 1 to 2 minutes. Season with additional fish sauce and salt.
- ☐ Soup, without chicken, diced tomatoes, snow peas, and basil, can be made 3 days ahead and chilled (covered once cool).

Nutrition Facts



 PROTEIN **31.17%**  FAT **27.38%**  CARBS **41.45%**

Properties

Glycemic Index:79.75, Glycemic Load:29.95, Inflammation Score:-8, Nutrition Score:27.451739052068%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 528.62kcal (26.43%), Fat: 15.85g (24.38%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 53.99g (18%), Net Carbohydrates: 51.64g (18.78%), Sugar: 15.83g (17.59%), Cholesterol: 86.77mg (28.92%), Sodium: 1876.3mg (81.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.59g (81.18%), Vitamin B3: 20.48mg (102.4%), Selenium: 54.64µg (78.06%), Vitamin B6: 1.4mg (69.86%), Phosphorus: 445.12mg (44.51%), Vitamin B2: 0.59mg (34.53%), Potassium: 1205.48mg (34.44%), Vitamin C: 28.04mg (33.99%), Manganese: 0.59mg (29.45%), Vitamin K: 29.95µg (28.53%), Magnesium: 107.78mg (26.95%), Vitamin B1: 0.37mg (24.88%), Vitamin B5: 2.23mg (22.31%), Copper: 0.42mg (20.87%), Iron: 2.95mg (16.42%), Folate: 57.97µg (14.49%), Zinc: 1.93mg (12.85%), Vitamin A: 498.33IU (9.97%), Fiber: 2.35g (9.39%), Vitamin E: 1.12mg (7.46%), Calcium: 68.15mg (6.81%), Vitamin B12: 0.29µg (4.86%)