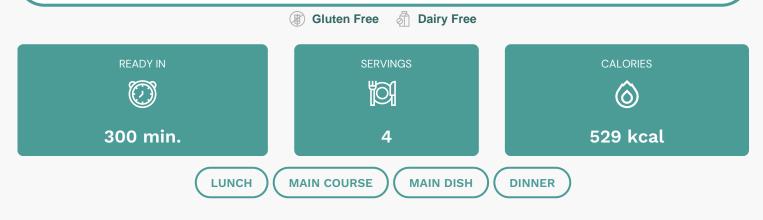


Thai-Style Chicken Soup with Basil



Ingredients

3 tablespoon fish sauce
O.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

1 pound chicken breast boneless skinless O.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 thin 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.	\Box	2 large shallots thinly sliced
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Nutrition Facts

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 Myricetin: 0.05mg, Myrice

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 %: O% (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%)