



Thai Winter Soup



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup meat chicken diced white cooked
- ☐ 3 cups chicken stock see
- ☐ 1 cup so delicious dairy free culinary coconut milk
- ☐ 3 servings cilantro leaves fresh
- ☐ 1 piece ginger fresh
- ☐ 1 clove garlic minced
- ☐ 4 juice of lime
- ☐ 3 torn kaffir lime leaves fresh

- ☐ 2 tablespoons juice of lemon with agave
- ☐ 1 stalk lemongrass
- ☐ 1 Handful mushrooms
- ☐ 3 servings salt and pepper
- ☐ 2 tablespoons soya sauce
- ☐ 2 small thai chiles chopped

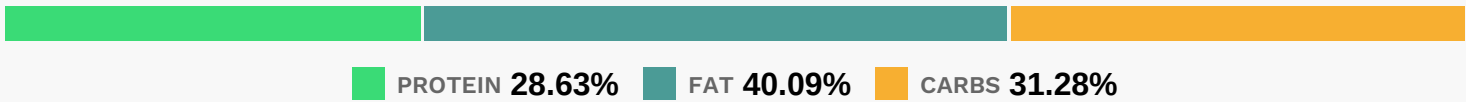
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Boil the stock then add the lime leaves, chiles, garlic, ginger and lemongrass.Lower the heat, cover and simmer for about 10 minutes.Uncover the pot and stir in the chicken, coconut milk, mushrooms, fish sauce, lemon and lime juice. Simmer.
- ☐ Sprinkle with salt and pepper.
- ☐ Pour into bowls and sprinkle with cilantro. Enjoy!

Nutrition Facts



Properties

Glycemic Index:47.47, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:14.84478273599%

Flavonoids

Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 228.73kcal (11.44%), Fat: 10.23g (15.74%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 17.35g (6.31%), Sugar: 7.31g (8.12%), Cholesterol: 35.45mg (11.82%), Sodium: 1546.57mg (67.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.44g (32.88%), Vitamin B3: 9.4mg (46.99%), Vitamin C: 28.12mg (34.08%), Vitamin B6: 0.56mg (27.75%), Vitamin B2: 0.43mg (25.41%), Selenium: 13.89µg (19.84%), Vitamin B12: 1.02µg (17.07%), Potassium: 584.03mg (16.69%), Manganese: 0.33mg (16.63%), Vitamin E: 2.29mg (15.29%), Copper: 0.29mg (14.47%), Folate: 56.17µg (14.04%), Calcium: 138.83mg (13.88%), Phosphorus: 136.04mg (13.6%), Vitamin B1: 0.18mg (11.81%), Magnesium: 46.75mg (11.69%), Iron: 1.83mg (10.19%), Vitamin A: 421.85IU (8.44%), Zinc: 1.22mg (8.13%), Vitamin D: 1.02µg (6.8%), Vitamin B5: 0.44mg (4.39%), Fiber: 0.61g (2.43%), Vitamin K: 1.9µg (1.81%)