



Tom Ka Gai (Coconut Chicken Soup)

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



6

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce coconut milk canned
- 0.3 teaspoon ground pepper
- 0.8 pound meat from a rotisserie chicken boneless skinless
- 4 tablespoons fish sauce
- 1 tablespoon cilantro leaves fresh chopped
- 2 tablespoons ginger fresh minced
- 2 tablespoons spring onion thinly sliced
- 0.5 teaspoon turmeric

- 0.3 cup juice of lime fresh
- 3 tablespoons vegetable oil
- 2 cups water

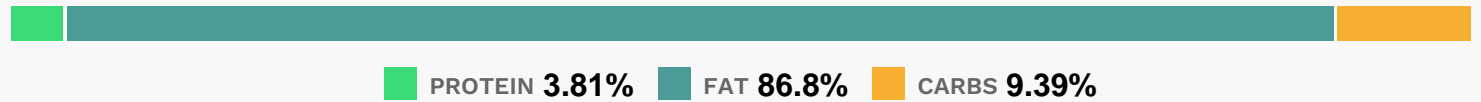
Equipment

- pot

Directions

- Cut chicken into thin strips and saute in oil for to 2 to 3 minutes until the chicken turns white.
- In a pot, bring coconut milk and water to a boil. Reduce heat.
- Add ginger, fish sauce, lime juice, cayenne powder and turmeric. Simmer until the chicken is done, 10 to 15 minutes.
- Sprinkle with scallions and fresh cilantro and serve steaming hot.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:0.1, Inflammation Score:-8, Nutrition Score:10.158260827479%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 374.49kcal (18.72%), Fat: 38.35g (59%), Saturated Fat: 28.97g (181.04%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 6.23g (2.26%), Sugar: 5.13g (5.7%), Cholesterol: 0mg (0%), Sodium: 966.73mg (42.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.57%), Manganese: 1.27mg (63.26%), Copper: 0.38mg (19.08%), Magnesium: 73.41mg (18.35%), Vitamin K: 17.14µg (16.32%), Phosphorus: 136.81mg (13.68%), Selenium: 9.35µg (13.35%), Iron: 2.39mg (13.3%), Fiber: 3.11g (12.44%), Potassium: 415.74mg (11.88%), Vitamin C: 7.41mg (8.98%), Folate: 30.03µg (7.51%), Vitamin B3: 1.34mg (6.71%), Zinc: 0.95mg (6.34%), Vitamin E: 0.83mg (5.5%), Vitamin B6: 0.11mg (5.26%), Calcium: 32.39mg (3.24%), Vitamin B5: 0.28mg (2.75%), Vitamin B1: 0.04mg (2.71%), Vitamin A: 65.6IU (1.31%)