



# Tom Ka Gai (Spicy Chicken Soup W/ Coconut Milk)

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 42 ounce coconut milk canned
- 8 ounce water chestnuts canned
- 0.8 lb chicken (sliced into bite sized pieces)
- 14 ounce chicken broth canned
- 32 ounce chicken stock see
- 0.3 bunch cilantro leaves
- 3 tablespoons fish sauce to taste ( )

- 2 inches ginger
- 1 spring onion
- 3 kaffir lime leaves (or leaves from a citrus tree)
- 2 lemon grass whole cut into 1 inch pieces)
- 4 tablespoons juice of lime to taste ( )
- 0.5 cup coconut meat fresh green (from a young, coconut)
- 8 ounce mushrooms (Agaricus bisporus)
- 2 teaspoons curry paste red hot (more if you like it )
- 1 teaspoon salt
- 10 ounce straw mushrooms canned
- 10 ounce straw mushrooms fresh
- 1 tablespoon sugar
- 2 thai chile whole
- 1 tomatoes halved quartered ( and then )

## Equipment

- pot

## Directions

- Place the chicken stock (or broth) in a stockpot, add lemon grass, ginger and lime leaves. I recommend slicing the lime leaves along the veins almost to the midrib to allow for more flavor release. These kaffir lime leaves are used in the same fashion we season soups with bay leaves. Bring the broth to a slow boil over medium heat.
- Add sliced chicken, mushrooms, water chestnuts, salt, lime juice, fish sauce and sugar, reserving more lime juice and fish sauce to add later to taste. Cook slowly, uncovered for 10 – 15 minutes, then add coconut milk, cilantro, green onion, tomato, fresh coconut meat, bruised chilies, and red curry paste. Stirring frequently, bring almost to a boil, then remove from heat and serve if you are happy with the flavor of lime juice to fish sauce in conjunction with the other ingredients. Cook this soup gently to prevent the coconut milk from separating.

## Nutrition Facts



■ PROTEIN 17.27% ■ FAT 65.69% ■ CARBS 17.04%

## Properties

Glycemic Index:38.18, Glycemic Load:2.01, Inflammation Score:-8, Nutrition Score:29.955651863762%

## 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: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## Nutrients (% of daily need)

Calories: 807.17kcal (40.36%), Fat: 61.75g (95%), Saturated Fat: 47.18g (294.86%), Carbohydrates: 36.05g (12.02%), Net Carbohydrates: 26.39g (9.6%), Sugar: 14.92g (16.58%), Cholesterol: 58.02mg (19.34%), Sodium: 2050.85mg (89.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.53g (73.06%), Manganese: 2.24mg (112.06%), Selenium: 51.58µg (73.69%), Copper: 1.02mg (51.17%), Phosphorus: 500.35mg (50.03%), Vitamin B3: 9.56mg (47.82%), Iron: 7.28mg (40.42%), Fiber: 9.65g (38.62%), Potassium: 1239.81mg (35.42%), Magnesium: 134.24mg (33.56%), Zinc: 4.8mg (31.98%), Vitamin B6: 0.59mg (29.71%), Vitamin B2: 0.48mg (28.13%), Folate: 101.69µg (25.42%), Vitamin C: 17.14mg (20.77%), Vitamin B5: 1.72mg (17.21%), Vitamin B12: 0.8µg (13.4%), Vitamin A: 660.89IU (13.22%), Vitamin B1: 0.19mg (12.65%), Vitamin K: 9.9µg (9.43%), Calcium: 75.61mg (7.56%), Vitamin E: 1.12mg (7.46%), Vitamin D: 0.2µg (1.31%)