



Tom Kha Gai- Thai Chicken Soup in Coconut Milk Broth



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoon asian fish sauce
- ☐ 1 quart chicken stock see
- ☐ 0.3 cup cilantro leaves
- ☐ 2 clove garlic crushed
- ☐ 5 juice of lime
- ☐ 1 pinch salt and pepper
- ☐ 1 teaspoon sugar

- ☐ 0.3 cup thai basil
- ☐ 1 teaspoon thai curry paste
- ☐ 2 cup chciken thighs boneless skinless cut into 1-inch chuncks

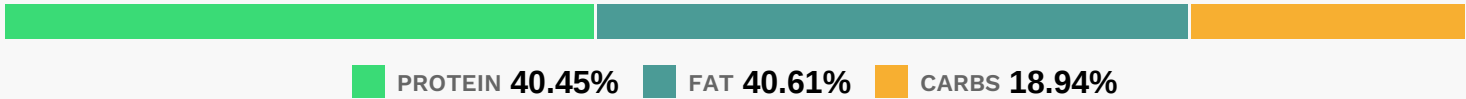
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ In a large stock pot or Dutch oven set over medium–high heat bring the chicken stock to the boil. Lower the heat to a simmer and add the lemongrass, kaffir lime leaves, ginger, chilies, and garlic. Simmer for 10 minutes to let the spices infuse the broth.Uncover and stir in the coconut milk, fish sauce, sugar, mushrooms, lime juice, long bean pieces, and chicken pieces. Simmer for 8 minutes to cook the chicken through; season with salt and pepper. Stir in the thai curry paste and add basil and cilantro leaves if using. Ladle the soup into a large soup bowl or individual serving bowls.

Nutrition Facts



Properties

Glycemic Index:50.52, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:19.402173845664%

Flavonoids

Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 3.36mg, Hesperetin: 3.36mg, Hesperetin: 3.36mg, Hesperetin: 3.36mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 293.09kcal (14.65%), Fat: 13.04g (20.06%), Saturated Fat: 4g (24.99%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 13.4g (4.87%), Sugar: 5.98g (6.64%), Cholesterol: 80.44mg (26.81%), Sodium: 1926.26mg (83.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.22g (58.45%), Vitamin B12: 4.8µg (79.94%), Selenium: 54.02µg (77.17%), Zinc: 5.27mg (35.15%), Vitamin B3: 6.98mg (34.89%), Vitamin B2: 0.57mg (33.76%),

Phosphorus: 275.97mg (27.6%), Vitamin B6: 0.47mg (23.55%), Potassium: 631.93mg (18.06%), Vitamin C: 12.9mg (15.64%), Magnesium: 57.79mg (14.45%), Vitamin B1: 0.22mg (14.42%), Iron: 2.53mg (14.08%), Copper: 0.28mg (13.78%), Vitamin B5: 1.03mg (10.26%), Vitamin K: 10.05µg (9.57%), Vitamin A: 371.08IU (7.42%), Folate: 25.33µg (6.33%), Manganese: 0.08mg (4.24%), Calcium: 35.42mg (3.54%), Vitamin E: 0.19mg (1.28%), Fiber: 0.28g (1.12%)