



Tom Yum Gai (Thai Hot and Sour Chicken Soup)



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



2

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 birds eye chilis thinly sliced
- ☐ 1 teaspoon brown sugar
- ☐ 0.5 pound chicken breast
- ☐ 2 cups chicken broth
- ☐ 2 servings cilantro leaves to taste
- ☐ 1 tablespoon fish sauce
- ☐ 1 inch ginger sliced

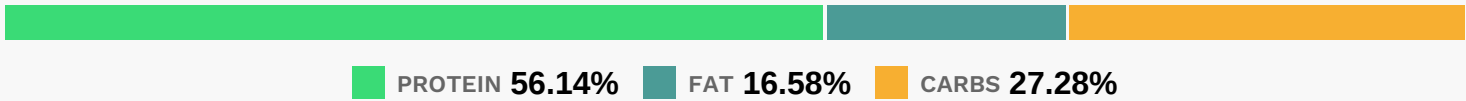
- ☐ 4 kaffir lime leaves sliced
- ☐ 2 stalks lemongrass sliced
- ☐ 2 tablespoons juice of lime
- ☐ 2 shallots sliced
- ☐ 2 cups water

Equipment

Directions

- ☐ Bring the chicken broth, water, shallots, lemongrass, lime leaves, chilis, galangal and chicken to a boil, reduce the heat and simmer until the chicken is cooked, about 15–20 minutes.
- ☐ Remove the chicken from the broth, shred it and return it to the broth. Season the broth with the lime juice, fish sauce and sugar, taste testing for a balance of sour, salty, sweet and spicy.
- ☐ Serve garnished with cilantro to taste.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.02, Inflammation Score:-5, Nutrition Score:17.679999729861%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 193.43kcal (9.67%), Fat: 3.56g (5.47%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 12.25g (4.45%), Sugar: 5.65g (6.28%), Cholesterol: 77.27mg (25.76%), Sodium: 1726.74mg (75.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.17%), Vitamin B3: 12.82mg (64.09%), Selenium: 38.51µg (55.01%), Manganese: 1.01mg (50.71%), Vitamin B6: 1mg (49.91%), Phosphorus: 281.92mg (28.19%), Potassium: 710.67mg (20.3%), Vitamin C: 15.6mg (18.91%), Vitamin B5: 1.75mg (17.51%), Vitamin B2: 0.29mg (16.91%), Magnesium: 66.36mg (16.59%), Iron: 2.25mg (12.47%), Vitamin B1: 0.15mg (10.28%), Copper: 0.18mg (9.03%), Zinc:

1.32mg (8.8%), Folate: 31.15µg (7.79%), Vitamin B12: 0.32µg (5.28%), Calcium: 49.4mg (4.94%), Fiber: 0.91g (3.63%),
Vitamin E: 0.38mg (2.5%), Vitamin A: 91.32IU (1.83%), Vitamin K: 1.26µg (1.2%)