



 **18%**
HEALTH SCORE

Vietnamese-Style Chicken Curry Soup

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

READY IN



150 min.

SERVINGS



8

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 14 ounce coconut milk canned
- 2 carrots sliced
- 3 pound chicken whole skinless cut into pieces
- 1 quart chicken broth
- 4 tablespoons curry powder
- 2 tablespoons fish sauce
- 1 bunch cilantro leaves fresh

- 0.1 cup ginger fresh thinly sliced
- 2 cloves garlic chopped
- 1 bell pepper green cut into 1 inch pieces
- 2 kaffir lime leaves
- 1 stalk lemon grass cut into 2 inch pieces
- 1 onion cut into chunks
- 8 small potatoes quartered
- 2 teaspoons pepper red
- 2 shallots thinly sliced
- 2 tablespoons vegetable oil
- 1 quart water

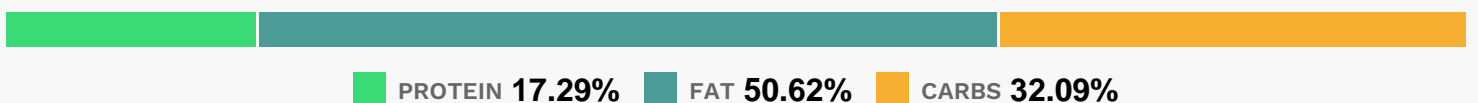
Equipment

- pot

Directions

- Heat oil in a large stock pot over medium heat. Cook chicken and onions in oil until onions are soft and translucent; remove onions and chicken from pot and set aside.
- Saute shallots in pot for about 1 minute, then stir in garlic, ginger, lemon grass and curry powder. Continue to cook for about 5 minutes, then stir in bell pepper and carrots. Return chicken and onion to pot and stir in chicken broth, water and fish sauce. Season with lime leaves, bay leaf and red pepper flakes.
- Bring to a boil and introduce potatoes. Return to a boil and pour in coconut milk. Reduce heat and simmer 40 to 60 minutes, until potatoes and chicken are tender.
- Garnish each dish with a sprig of fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:34.95, Glycemic Load:22.95, Inflammation Score:-9, Nutrition Score:25.379565213038%

Flavonoids

Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 494.19kcal (24.71%), Fat: 28.5g (43.85%), Saturated Fat: 14.67g (91.7%), Carbohydrates: 40.66g (13.55%), Net Carbohydrates: 33.47g (12.17%), Sugar: 5.97g (6.63%), Cholesterol: 63.6mg (21.2%), Sodium: 895.76mg (38.95%), Alcohol: 0g (100%), Protein: 21.9g (43.8%), Vitamin C: 51.56mg (62.5%), Vitamin A: 2970.1IU (59.4%), Manganese: 1.13mg (56.36%), Vitamin B6: 0.97mg (48.69%), Vitamin B3: 8.54mg (42.72%), Potassium: 1234.63mg (35.28%), Phosphorus: 303.64mg (30.36%), Fiber: 7.19g (28.77%), Magnesium: 100.63mg (25.16%), Selenium: 17.14µg (24.48%), Iron: 4.37mg (24.25%), Copper: 0.46mg (23.18%), Vitamin K: 20.61µg (19.63%), Vitamin B1: 0.26mg (17.63%), Vitamin B2: 0.26mg (15.38%), Zinc: 2.31mg (15.38%), Vitamin B5: 1.46mg (14.63%), Folate: 58.45µg (14.61%), Vitamin E: 1.7mg (11.35%), Calcium: 79.11mg (7.91%), Vitamin B12: 0.3µg (4.97%), Vitamin D: 0.16µg (1.09%)