

Chicken "Pho" Noodle Soup

Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370

Servings: 6

6 cups Thai coconut curry chicken broth
2 cups cooked chicken, shredded
1 tablespoon soy sauce
1/2 teaspoon freshly ground pepper
4 cloves garlic, thinly sliced
1 piece (three inch) gingerroot, peeled
1 package (8 ounce) rice vermicelli noodles
3 tablespoons green onions with tops, sliced
1 can (14 to 16 ounce) bean sprouts, drained and rinsed
2 jalapeno chiles, thinly sliced
1/2 cup fresh cilantro leaves
6 lime wedges

Preparation Time: 10 minutes

Spray a five-quart slow cooker with cooking spray. In the slow cooker, mix the broth, chicken, soy sauce, pepper, garlic and gingerroot.

Cover and cook on LOW heat for three hours.

Stir the rice noodles into the soup. Cover and cook for 15 minutes longer. Remove the gingerroot.

Top the individual servings with onions, bean sprouts, chiles and cilantro.

Serve with lime wedges.

Start to Finish Time: 3 hours 25 minutes

Per Serving (excluding unknown items): 96 Calories; 2g Fat (20.3% calories from fat); 15g Protein; 4g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 210mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	96	Vitamin B6 (mg):	.3mg
% Calories from Fat:	20.3%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	16.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	63.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	15mcg
Saturated Fat (g):	1g	Niacin (mg):	6mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	40mg
Carbohydrate (g):	4g
Dietary Fiber (g):	1g
Protein (g):	15g
Sodium (mg):	210mg
Potassium (mg):	181mg
Calcium (mg):	21mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	8mg
Vitamin A (i.u.):	106IU
Vitamin A (r.e.):	13 1/2RE

Alcohol (kcal):	0
% Daily Values*	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	96	Calories from Fat: 20
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	3%
Cholesterol	40mg	13%
Sodium	210mg	9%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	2%
Protein	15g	
Vitamin A		2%
Vitamin C		14%
Calcium		2%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.