

Coconut Curry Chicken Soup

Monnie Norasing - Mansfield, OH
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Servings: 6

2 cans (13.66 ounce ea) coconut milk
1/3 to 1/2 cup red curry paste
1 package (8.8 ounce) thin rice noodles
2 cans (14-1/2 ounce ea) chicken broth
1/4 cup packed brown sugar
2 tablespoons fish sauce or soy sauce
3/4 teaspoon garlic salt
3 cups rotisserie chicken, shredded
1 1/2 cups cabbage, shredded
1 1/2 cups carrots, shredded
3/4 cup bean sprouts
fresh basil
fresh cilantro leaves

Preparation Time: 20 minutes

Cook Time: 35 minutes

In a Dutch oven, bring the coconut milk to a boil. Cook, uncovered, for 10 to 12 minutes or until the liquid is reduced to three cups. Stir in the curry paste until completely dissolved.

Meanwhile, prepare the noodles according to package directions.

Add the chicken broth, brown sugar, fish sauce and garlic salt to the curry mixture. Return to a boil. Reduce the heat and simmer, uncovered, for 10 minutes, stirring occasionally. Stir in the chicken. Heat through.

Drain the noodles. Divide among six large soup bowls. Ladle the soup over the noodles. Top the servings with the vegetables, basil and cilantro.

Per Serving (excluding unknown items): 255 Calories; 20g Fat (65.3% calories from fat); 4g Protein; 19g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 542mg Sodium. Exchanges: 0 Lean Meat; 1 Vegetable; 0 Fruit; 4 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	255	Vitamin B6 (mg):	.1mg
% Calories from Fat:	65.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	28.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.6%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 20g
Saturated Fat (g): 17g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 19g
Dietary Fiber (g): 4g
Protein (g): 4g
Sodium (mg): 542mg
Potassium (mg): 489mg
Calcium (mg): 45mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 9074IU
Vitamin A (r.e.): 907RE

Folacin (mcg): 37mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 255 **Calories from Fat:** 167

% Daily Values*

Total Fat	20g	30%
Saturated Fat	17g	85%
Cholesterol	0mg	0%
Sodium	542mg	23%
Total Carbohydrates	19g	6%
Dietary Fiber	4g	14%
Protein	4g	
Vitamin A		181%
Vitamin C		24%
Calcium		4%
Iron		11%

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