

Spicy Thai Coconut Chicken Soup

Parade.com/soup

Servings: 4

1 tablespoon canola or coconut oil
1 tablespoon minced ginger
1 onion, finely chopped
2 cloves garlic, minced
4 ounces mushrooms, thinly sliced
1 quart low-sodium chicken broth
1 can (13.5 ounce) light coconut milk
2 tablespoons fish sauce or soy sauce
1 tablespoon chile-garlic sauce (such as Lee Kum Kee)
1 teaspoon sugar
1 cup cooked chicken, shredded
zest of one lime
juice of one lime
fresh cilantro (for garnish)
lime wedges (for garnish)

In a large saucepan over medium-high, heat the oil. Add the ginger, onion, garlic and mushrooms. Saute' for 5 minutes or until the mushrooms are tender.

Stir in the chicken broth, coconut milk, fish sauce, chile-garlic sauce and sugar. Bring to a simmer. Cook for 20 minutes.

Stir in the chicken. Cook for 5 minutes or until heated through. Stir in the lime zest and lime juice.

Serve garnished with fresh cilantro and lime wedges.

Per Serving (excluding unknown items): 149 Calories; 7g Fat (33.0% calories from fat); 24g Protein; 10g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 84mg Sodium. Exchanges: 3 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	149	Vitamin B6 (mg):	.3mg
% Calories from Fat:	33.0%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	19.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	47.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	7g	Folacin (mcg):	23mcg
Saturated Fat (g):	2g	Niacin (mg):	11mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	30mg
Carbohydrate (g):	10g
Dietary Fiber (g):	1g
Protein (g):	24g
Sodium (mg):	84mg
Potassium (mg):	392mg
Calcium (mg):	30mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	10IU
Vitamin A (r.e.):	3RE

% Daily Values*

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 149 Calories from Fat: 49

% Daily Values*

Total Fat 7g	11%
Saturated Fat 2g	12%
Cholesterol 30mg	10%
Sodium 84mg	4%
Total Carbohydrates 10g	3%
Dietary Fiber 1g	4%
Protein 24g	
Vitamin A	0%
Vitamin C	5%
Calcium	3%
Iron	10%

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