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Coconut Chicken Soup ♦

Coconut Chicken Soup is a delicious and comforting soup made with coconut milk, chicken, and various herbs and spices. It is a popular dish in many Southeast Asian countries and is known for its rich and creamy flavor. The soup is typically served as a main course and can be enjoyed on its own or with rice or noodles.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	chicken breast
400 ml	coconut milk
500 ml	chicken broth
2 stalks	Lemongrass

4 leaves	kaffir lime leaves
3 slices	galangal
2 peppers	Thai chili peppers
3 tbsp	fish sauce
2 tbsp	Lime juice
1 tbsp	Sugar
1 tsp	Salt
10 leaves	Cilantro
2 stalks	Green Onions

Directions

Step 1

Cut

Slice the chicken breast into thin strips.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

In a large pot, heat the coconut milk and chicken broth over medium heat.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Stove

Add the lemongrass, kaffir lime leaves, galangal, and Thai chili peppers to the pot.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Simmering

Simmer the soup for 15 minutes, until the flavors are well combined.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Stove

Remove the lemongrass, kaffir lime leaves, galangal, and Thai chili peppers from the pot.

Prep Time: 2 mins

Cook Time: 5 mins

Step 6

Stove

Add the sliced chicken breast to the pot and cook for 5 minutes, until the chicken is cooked through.

Prep Time: 2 mins

Cook Time: 5 mins

Step 7

Stove

Stir in the fish sauce, lime juice, sugar, and salt.

Prep Time: 2 mins

Cook Time: 5 mins

Step 8

Plating

Garnish with cilantro and green onions before serving.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer

Cuisines

Middle Eastern

Italian

Thai

Japanese

Mediterranean

Greek

Spanish

German

Korean

Vietnamese

American

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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