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Spicy Chicken Soup · ·

Spicy Chicken Soup is a flavorful and comforting dish that is perfect for cold winter nights. It is made with tender chicken, vegetables, and a blend of spices that give it a spicy kick. This soup is a hearty and satisfying meal that can be enjoyed on its own or served with crusty bread.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Chicken
100 g	onion
150 g	Carrots
100 g	celery

3	garlic
cloves	
1 tsp	red chili flakes
1 tsp	cumin powder
1 tsp	coriander powder
1 tsp	turmeric powder
1 tsp	salt
1 tsp	black pepper
2 tbsp	olive oil
1000 ml	chicken broth

Directions

Step 1

Sautéing

Heat olive oil in a large pot over medium heat. Add chopped onion, garlic, and red chili flakes. Saute until onion becomes translucent.

Prep Time: 10 mins

Cook Time: 5 mins

Step 2

Sautéing

Add chicken pieces to the pot and cook until browned on all sides.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stirring

Add chopped carrots, celery, cumin powder, coriander powder, turmeric powder, salt, and black pepper to the pot. Stir well to coat the chicken and vegetables with the spices.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Simmering

Pour chicken broth into the pot and bring to a boil. Reduce heat to low and simmer for 30 minutes, or until the chicken is cooked through and the vegetables are tender.

Prep Time: 5 mins

Cook Time: 30 mins

Step 5

Serving

Serve the spicy chicken soup hot with crusty bread.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	5 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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	75 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Winter Fall

Events

Christmas Thanksgiving New Year Baby Shower Graduation
Back to School Barbecue

Cuisines

Italian Chinese Mexican French Thai Mediterranean American
Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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